

+ KEEPING IT REAL: AIR FORCE VETERAN BRINGS SUNNY DEMEANOR TO FOOD NETWORK



MAGAZINE OF THE UNITED STATES AIR FORCE

Airman

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JANUARY-FEBRUARY 2011



AIRMAN'S BEST FRIEND

MILITARY WORKING DOGS
LOOK FOR A LITTLE "RRESPECT"

"WE CANNOT
WALK ALONE!"

"I HAVE
A DREAM"

"WE ARE FREE
AT LAST!"

CELEBRATE

MARTIN LUTHER KING JR.

JANUARY 17, 2011

Airman

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PRE K-9

"You're raising a little Soldier, and it's your way to support the military."



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IRONMAN

"I want to make everyone proud in the Air Force by wearing the colors. That is the meaningful element to this race."



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OPERATING ROOM OF THE FUTURE

"Everything that we have done or implemented is for the benefit of the patient."

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PRESENTING THE FORCE

"Every time we do our job we have to make sure we're representing the Air Force positively."



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SUNNY ANDERSON

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SAVING THE PAST FROM THE FUTURE

"This site is one of the most historic to our nation."



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BABY GENGHIS THE CONQUEROR

"We knew Genghis had already developed cancer."

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MISSISSIPPI HOMECOMING

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On the Cover

Rruuk is one of eight puppies born June 2 at the Department of Defense Military Working Dog Breeding Program at Lackland Air Force Base, Texas. The puppies are preparing for military working dog training.

photo support by
Tech. Sgt. Bennie J. Davis III
illustration and design by
Luke Borland



COMMENTS

Got something to say about Airman? Write us at airman@dma.mil or visit www.AIRMANonline.af.mil, to share views with fellow readers.



FEATHERED ACES



Several weeks ago, I read the article "Feathered Aces" [September-October 2010]. In it, the author, Randy Roughton, made a reference to a Colonel Rhymer. However, unless I missed it, the article never tells us Colonel Rhymer's first name or who he or she is.

So, who is Colonel Rhymer? Also, can you add an erratum note on this in an upcoming issue?

Keep up the great work.

Lt. Col. Ed Sienkiewicz

USAF Retired
Bonaire, Ga.

Editor's reply: We regret the error. Colonel Rhymer was fully identified in Mr. Roughton's original draft, but unfortunately that information was missing from the final publication. He is Lt. Col. Donald Rhymer, Falconry Club officer in charge. Thank you for bringing this omission to our attention.

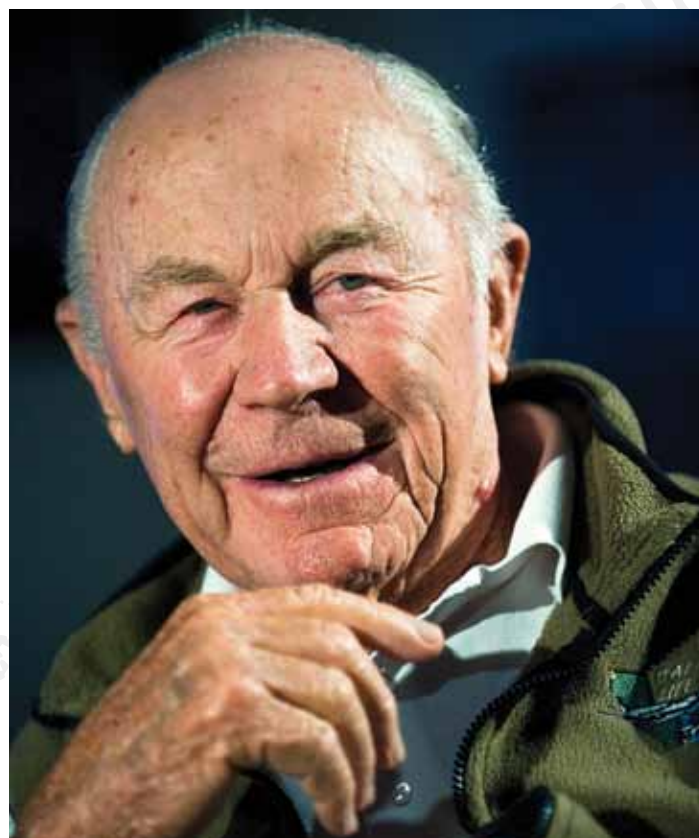


PORTRAIT PRAISE

Tech. Sgt. Davis,

As a sometimes-avid photographer, I just wanted to commend you on your portrait of Gen. Chuck Yeager on page 45 of Airman magazine [Heritage, November-December] — an absolutely phenomenal photograph of one of our true Air Force legends. It captures the essence of his larger than life persona. What an honor and experience it must have been for you to have had this opportunity.

Chief McG



Photographer's reply: Thank you so much for the compliment; it was a true pleasure spending the day with General Yeager. We heard going into the story that General Yeager can be a hard interview due to his straight-shooting personality; he doesn't hold back. But I can tell you from the moment we met him to the hug goodbye it was truly an experience I won't forget. For me it was like spending the day with your grandfather, if your grandfather happened to be an aviation legend. Our whole team really felt honored to sit down and "shoot the breeze" with him.

Gen. Yeager's portrait has been selected as part of the "Pioneers in Blue" photo series that will be displayed in the Library of Congress and is on display now at the Pentagon.

Tech. Sgt. Bennie J. Davis III
Airman magazine photojournalist

MiG-15

The first American to fly a MiG-15 was Air Force Capt. H. E. "Tom" Collins, not [retired Brig. Gen.] Chuck Yeager as reported in your [Heritage], November-December 2010 edition.

A published correction would be both appropriate and appreciated.

Maj. Gen. H. E. "Tom" Collins

USAF Retired
San Antonio, Texas

Editor's Note: We stand corrected and apologize for the error. Thank you for bringing this to our attention.

RETURNING HOME

Thank you for the "Returning Home" article [September-October 2010] regarding the repatriation of Col. William Mason. The article reminded me of a similar one in August 1988, when Airman magazine covered the repatriation of my father, [Air Force] Col. Mark Stephensen. Colonel Stephensen was listed MIA on April 29, 1967. His remains were identified July 1988. The men and women of JPAC do a heroic and selfless job in often dangerous and tedious circumstances and we owe them a debt of gratitude. To those of us with missing loved ones, there is a great deal of comfort knowing that the Air Force will never break faith with our POW/MIAs. To Mrs. Mason, thank you for your service to this nation as well as your husband.

Mark L. Stephensen II

National League of POW/MIA Families chairman



KUDOS

I recently picked up a copy of Airman while visiting the museum at Wright Patterson Air Force Base, Ohio. First time I've seen the magazine since retiring nearly 20 years ago. Outstanding! Had it not been for the title, I'd never have recognized it as the publication I read during my active-duty days. Circumstances have provided little contact with the Air Force since I retired so I don't know if it is still permissible to give out attaboys or not. Regardless of its acceptability, I'll award you one, as well as an attagirl.

Chief Master Sgt. Frank Kolb

USAF Retired

Editor's reply: Thank you for your feedback. We're happy you enjoyed the magazine and appreciate your message.



AIRMAN AVAILABILITY

Why is it that I'm at an Air Force base and I can't find or purchase this magazine? I asked a lady and got a deer in the headlights look. Are you kidding me? Absurd that all we carry is Air Force Times. What local stores might have it? Calling around - can't believe I can't get it here.

Michelle

via Facebook

Editor's reply: Airman magazine is free. If you are on an Air Force base, your best bet is to stop by the Public Affairs office. They usually receive them and distribute the magazine to the units. You can get an electronic copy of the latest issue at www.AIRMANonline.af.mil. We are also adding our archives to the website as time allows.

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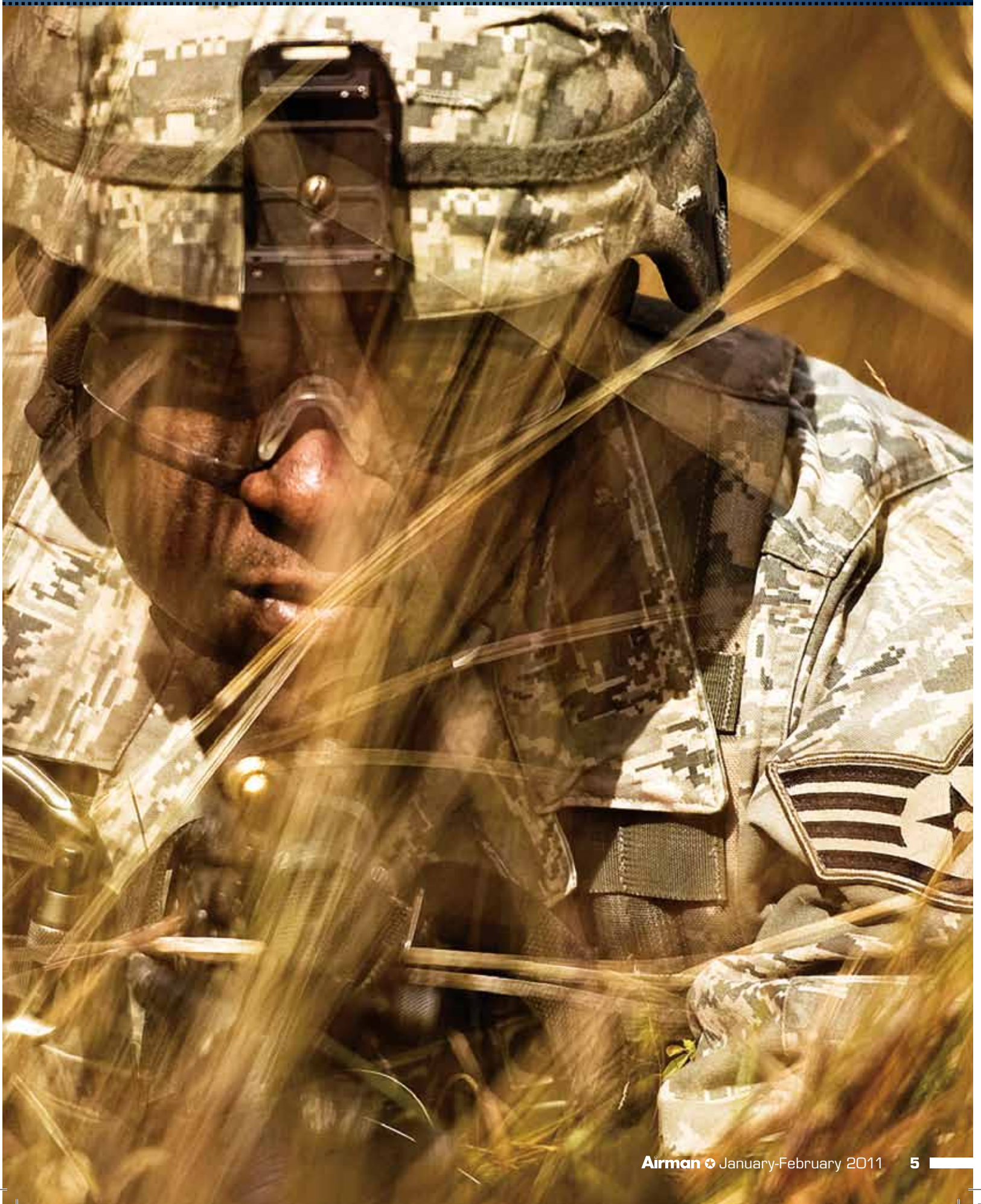


AROUND THE AIR FORCE

photo by Staff Sgt. Jonathan Snyder

Staff Sgt. Alfonte Thomas

patrols while attending the Combat Leadership Course at Camp Bullis, Texas. Airmen attending the CLC gain leadership experience from classroom and field training in land navigation, convoy operations, mounted and dismounted patrols and urban warfare.





AROUND THE AIR FORCE

photo by Senior Airman Corey Hook



1

photo by Senior Airman Gustavo Gonzalez



2

1. A B-1B Lancer F-101 turbofan engine is tested at Ellsworth Air Force Base, S.D. The B-1 has four F-101 engines, each is capable of providing more than 30,000 pounds of thrust with afterburner.

2. A 109th Aircraft Maintenance Squadron crew chief from Stratton Air National Guard Base, N.Y., does his routine pre-flight inspections on an LC-130 Hercules at Joint Base Pearl Harbor-Hickam, Hawaii. The LC-130 is on its way to Antarctica for Operation Deep Freeze. Its unique skis allow the aircraft to perform operations in snow conditions.

3. A contractor washes a C-5M, "Super Galaxy" during the initial phase of a reconditioning program at the New York Air National Guard's 105th Airlift Wing at Stewart Air National Guard Base.

4. Senior Airman Sebero Quintero cleans an air filter with compressed air at Kandahar Airfield, Afghanistan. Routine maintenance and servicing vehicles, such as cleaning air filters, could decrease fuel consumption. Airman Quintero, from Los Angeles, is a vehicle maintenance journeyman with the 451st Expeditionary Logistics Squadron.

5. Staff Sgt. Jeremiah Messimer, 28th Civil Engineer Squadron structural craftsman, uses a hand-held saw to cut out pieces for a drop arm gate at Camp Lancer during a Phase II Operational Readiness Inspection at Ellsworth Air Force Base, S.D.

photo by Tech. Sgt. Michael O'Halloran



3

photo by Tech. Sgt. Chad Chisholm



4

photo by Airman 1st Class Anthony Sanchelli



5



photo by 1st. Lt. Joe Simms



1

1. A mini C-17 Globemaster III replica passes St. Patrick's Cathedral in New York City during the Veterans Day Parade Nov. 12, 2010. The C-17 replica is a community relations tool built and maintained by reservists from the 315th Airlift Wing at Charleston Air Force Base, S.C.

2. U.S. Air Force members from the Air Force Special Operations Command's 23rd Special Tactics Squadron at Hurlburt Field, Fla., jump out of the back of a C-130 Hercules. The Airmen are practicing combat operations in the Santa Rosa Sound near Pensacola, Fla.

photo by Master Sgt. Russell E Cooley IV



2



AROUND THE AIR FORCE

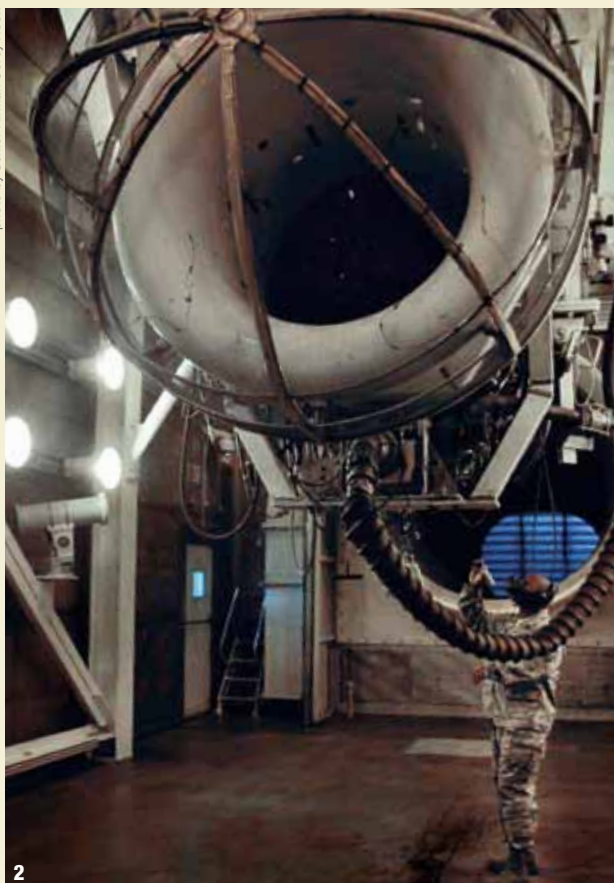
1. The rotating service structure swings away from the space shuttle, revealing the orbiter Discovery at the Kennedy Space Complex, Fla.

photo by Lance Cheung



2. Tech. Sgt. Tywone Weston checks a B-1B Lancer F-101 turbofan engine for leaks at Ellsworth Air Force Base, S.D. Sergeant Weston is an aerospace propulsion test cell assistant noncommissioned officer in charge with the 28th Maintenance Squadron.

photo by Senior Airman Corey Hook



3. Staff Sgt. T.J. Grover (left) and Airman 1st Class Rachael Orazine prepare to strap airdrop bundles in a C-130J Super Hercules at Kandahar Airfield, Afghanistan. Sergeant Grover and Airman Orazine are loadmasters assigned to the 772nd Expeditionary Airlift Squadron.

photo by Tech. Sgt. Chad Chisholm



4. Capt. James Spindler secures the perimeter as equipment is loaded into a C-17 Globemaster III at Peterson Air Force Base, Colo. Captain Spindler is the mobile operation unit director of operations for the 4th Space Operations Squadron.

photo by Senior Airman Erica Picariello



5. Air Force Academy senior Christen Monreal returns the ball in a doubles match against the University of North Carolina-Greensboro during the USAFA Invitational Oct. 3, 2010, at the Academy in Colorado Springs, Colo.

photo by J. Rachel Spencer



6. Falcons sophomore Kevin Durr (right) fights for control of the ball with Pioneer Matt Kirby during the game against the University of Denver Oct. 2, 2010, at the U.S. Air Force Academy's Soccer Stadium in Colorado Springs, Colo.

photo by J. Rachel Spencer



photo by Staff Sgt. Larry E. Reid Jr., Released



1. The U.S. Air Force

Thunderbirds Air Demonstration Squadron fly the Delta formation over Cinderella Castle at Disney World in Orlando, Fla., Oct. 26, 2010. Air Force Week 2010 was held in Cocoa Beach, Fla.

2. Airmen check over a technical order while working on a B-1B Lancer during a Phase II Operational Readiness Inspection at Ellsworth Air Force Base, S.D. Maintenance Airmen use the TO to ensure safety and accuracy. Airmen are assigned to the 28th Aircraft Maintenance Squadron.

3. An A-10C Thunderbolt II "Warthog" from the Arkansas Air National Guard's 188th Fighter Wing fires its AN/GAU-8 30mm Avenger seven-barrel Gatling gun at a target on the ground during the 2010 Hawgsmoke competition in Boise, Idaho.

4. More than 60 spouses of military members were given the opportunity to take a orientation flight to learn what their spouse's job entails during a routine training mission onboard a Charleston C-17. The orientation flight is a way to familiarize spouses with their Airman's job and showcase the unit's mission.

photo by Airman 1st Class Anthony Sanchelli



photo by Tech. Sgt. John Orrell



photo by Mass Communication Specialist 1st Class Jennifer Hudson



WE ARE K9

A LITTER PREPARES FOR MILITARY WORKING DOG TRAINING

STORY BY RANDY ROUGHTON
PHOTOS BY TECH. SGT. BENNIE J. DAVIS III

This Belgian Malinois puppy isn't content to be a household pet. She wants to work. You can take her for a long walk, but don't put away the leash. She's ready to go again. She creates problems to solve by putting her toy in a corner, but don't try to get it for her. This dog wants to solve the problem herself. Rrespect, the military working puppy in training, even drinks water with the toy in her bowl, not taking her eye off it for more than a few seconds. The toy is her prey.

Rrespect was one of eight puppies born June 2 at the Department of Defense Military Working Dog Breeding Program at Lackland Air Force Base, Texas. Names of puppies like Rrespect and her siblings in the "R" litter begin with repeated letters to indicate they were bred through the program at Lackland.

"I like to think of her like a smart child," said Sarah Dietrich, Rrespect's foster parent. "A smart child's not

going to be happy to sit at the computer all day. These dogs are the smart children, and they want to explore every corner of everything. You can see her future in her."

**THESE DOGS ARE THE
SMART CHILDREN, AND
THEY WANT TO EXPLORE
EVERY CORNER OF
EVERYTHING**

— Sarah Dietrich

Lackland is known as the dog mecca for all service branches, said Tracy Shaw, the breeding program contract manager when the "R" litter was born. DOD's breeding colony's ultimate goal is to provide one-third of all dogs procured for military working dog training and is tasked to produce at least 100 puppies each fiscal year. Each litter can range from two to 15 puppies. Eight of the 12 puppies in Rrespect's litter survived a cesarean-section birth.

One of the foster parents' most important responsibilities is helping their dogs become accustomed to the sights and sounds they're likely to experience as military working dogs. Rrespect became accustomed to the sounds of other animals, people talking and other sounds as she accompanied Mrs. Dietrich to work every day at a local pet store.

Two weeks before the puppies' birth, 341st Training Squadron dog trainer Bernie Green had to euthanize her retired Maryland State Police dog, Rruuk, because of cancer. She fostered one of the "R" litter puppies, and he was named after Rruuk. He accompanied Ms. Green daily on the training trailer with the adult dogs, so he visited detection training labs, aircraft and vehicle training lots and office buildings, and walked up and down stairways before he began his own training.

Staff Sgt. Samuel Durbin often took Rrigatoni to his job at the security forces armory at Lackland.



Rruuk, at 3 months
old. Rruuk is
pre-training to be a
military working dog
with the Department
of Defense Military
Working Dog
Breeding Program at
Lackland Air Force
Base, Texas.





Risky, a Belgian Malinois puppy, greets visitors at the breeding program kennels.

(opposite, top to bottom) Rrespect follows a trail of kibble into a darkened box as part of a test that Lynnette Butler, a foster consultant, evaluates from a distance. This test determines how willing the puppy is to follow the scent into the dark interior of the box and eat the food inside. Rrespect earned top dog status, with high scores in nearly all of her tests.

Rrespect's paw prints mark the floor of her kennel after she was caught playing in her water bowl.

"When she is at work with me, we walk or ride everywhere, and she goes into any building on base," Sergeant Durbin said. "She has a following at most places we go and demands a crowd everywhere. I'm very thorough on taking her into every kind of environment. She will go into any building, jump on anything she can reach, and has very few fears. If I go somewhere, she doesn't want to be left behind."

From Rrespect's and the other puppies' third through 16th day of life, breeding program puppy development specialists evaluated their reflexes and responses with early neurological stimulation exercises. The Army developed biosensor exercises to improve its dog performances in what became known as the "Super Dog Program." Biosensor exercises affect the neurological system by kicking it into action earlier than would normally be expected and is believed to cause improved cardiovascular performance, stronger heartbeats and a greater resistance to disease and stress.

"We're looking to find out what stresses the puppies and evaluate their responses," Ms. Shaw said. "You

introduce the stress, and the body recognizes it as conditioning."

The handlers give Rrespect and her siblings five exercises that last from three to five seconds each. First, the handler gently tickles the puppy between the toes with a cotton swab. Next, the handler holds the puppy with both hands so its head is directly above its tail, then holds it firmly with both hands so its head is pointed toward the floor. The puppy is then resting in both hands with its muzzle facing the ceiling before the thermal stimulation when it is placed feet-first on a damp, cool towel.

The eight puppies live in the whelping barn until they reach 8 weeks and puppy consultants administer the puppy aptitude test. The military developed the test from similar civilian tests that evaluate dogs for social attraction; social and elevation dominance; retrieval; and sight, sound and touch sensitivity.

"It's a personality test in preparation to place these puppies with their foster homes," said Lynnette Butler, a puppy consultant with the breeding program. "The first thing we do at this stage is social attraction. We test whether the puppy is willing to

come to you or not. We generally like a puppy that's willing to come to you readily with its tail up."

Rrespect marches to puppy consultant David Concepcion-Garcia, who then places her on her back to see if she's willing to be under a handler's control. She fidgets a bit, not too comfortable with being held on her back. Next, Mr. Garcia backs away to see if she's willing to come to him again after he held her down to test her social dominance.

WE'RE LOOKING TO FIND OUT WHAT STRESSES THE PUPPIES AND EVALUATE THEIR RESPONSES. YOU INTRODUCE THE STRESS, AND THE BODY RECOGNIZES IT AS CONDITIONING

— Tracy Shaw

When she does, Mr. Garcia picks up Rrespect and holds her for 30 seconds to test her elevation dominance.

He then tosses a wad of paper, followed by a tennis ball, to test her retrieving skills. The evaluations conclude with tests of the puppy's touch, sound and sight sensitivities, and her hunt drive. The consultant places about a dozen kibble in a cardboard box and watches how Rrespect uses her scent to find the treat.

At 12 weeks, foster consultants use information from the aptitude tests to place the puppies. Foster parents must live within two hours of Lackland because they must bring the puppies in for monthly medical evaluations and go on monthly hiking trips with other fosters in their dog's litter. Fosters also must have a fenced-in backyard and cannot have any children under the age of 4 or more than three personal dogs.

The program provides a carrier, food, toys, bowls, collars, leashes, veterinary care and guidance, which includes helping to set realistic expectations for the type of dog they will have in their homes.

"You're not getting a Lab," Mr. Garcia said. "The drive is 100 times greater. We like to set expectations and give our fosters every tool we can."

Months before Rrespect began her pre-training, she showed signs of her future in her foster parent's home. She was Mrs. Dietrich's third foster military working puppy. Mrs. Dietrich's second puppy, Oopey, is now in military working dog training. Still, when Rrespect first entered the house, Mrs. Dietrich was surprised by her intelligence, problem-solving skills and focus on a toy, a sign that breeding program consultants associate with her prey drive. All are characteristics of the Belgian Malinois breed, which make them perfect military working dogs, handlers say.

"The first time I put a toy on the floor, I was amazed at the energy she went at this toy with," Mrs. Dietrich said. "Twenty minutes later, she looked up at me. For 20 minutes, all she could think about was that toy. She parades around the house all the time with her toys. It's called practicing possession."

"I'm either laughing my head off or having a headache every minute with her. There is no in-between."

Names for military working puppies come from lists supplied by the DOD Military Working Dog Veterinary Service Hospital at Lackland, which generates a list from

photo by Lance Cheung



Sarah Dietrich, a professional dog trainer and volunteer foster provider in San Antonio, observes Rrespect's drive to keep all of her toys in close proximity.

photo by Lance Cheung

Energy, intelligence, agility and tenacity are all strong characteristics of the Belgian Malinois breed. This puppy from the "R" litter holds one ball in its mouth, while using its paws to stop a second ball from getting away.



photo by Lance Cheung



suggestions made by the general public at <http://dogvet.amedd.army.mil>. Names of fallen military working dog handlers or previous foster parents are given priority, however.

One dog in the "R" litter, Romano, was named after a former foster parent, Col. Joseph Romano. Colonel Romano and his wife Karen fostered a military working dog while he was commander of the 37th Training Group at Lackland. He now monitors security coordination and special programs for the Secretary of the Air Force at the Pentagon. Their dog, Vvipser, is now a working dog for the 802nd Security Forces Squadron and was a breeder for three litters in 2010. Colonel Romano said his wife treated Vvipser like a child.

SOMETIMES IT'S LIKE SENDING OFF A HYPER CHILD TO DAY CAMP. OTHER TIMES, IT'S REALLY HEARTBREAKING

— Sarah Dietrich

"His sense of smell was phenomenal," he said. "Couple this with his bite and quickness, it was clear Vvipser would be one hell of a military working dog, as long as Karen didn't turn him into a domesticated pet."

The puppy named after Colonel Romano is showing similar signs that he also will succeed as a working dog, said his foster, Kevin Cody. Mr. Cody works with the Transportation Security Administration at the San Antonio International Airport.

After having their dogs for six months, Mrs. Dietrich and her husband, Navy Petty Officer 2nd Class Jason Dietrich, and the other foster parents said goodbye to Rrespect and the other puppies in December when the dogs returned to Lackland for adolescent training or pre-training, a sort of high school for the military working dog.

This is often a time of mixed emotions: pride of sending the dog to learn an important job mixed with the sadness of sending them away.

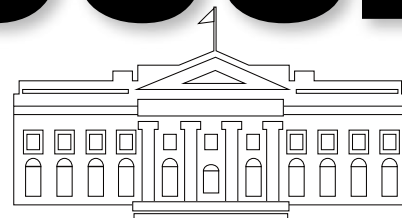
"Sometimes it's like sending off a hyper child to day camp," Mrs. Dietrich said. "Other times, it's really heartbreaking. But you know they're going to be doing what they love. You know they're going off to do something they're going to really enjoy. You want them to succeed, and you're excited to see what they're going to do with their lives. You're raising a little soldier, and it's your way to support the military."

"Look at that dog," she said as Rrespect sniffed in the grass. "That dog wants to be doing that. She doesn't want to be sleeping on the couch." 🐾

Respect at three
months old during a
foster parent training
day, where the
puppies are brought
together for tempera-
ment and physical
evaluations.



WHITE HOUSE FELLOW



STORY BY RANDY ROUGHTON
PHOTOS BY STAFF SGT. DESIREE N. PALACIOS

Lt. Col. Rob Lyman was commander of a communications squadron at Eglin Air Force Base, Fla., before beginning his tour as a White House fellow. Colonel Lyman worked for the Department of Transportation in Washington, D.C., during his year-long fellowship program.

The past year in a lieutenant colonel's life featured presidential meetings and a NASA shuttle crew's traditional post-launch beans-and-cornbread meal. But Lt. Col. Rob Lyman only needed five words to sum up each memorable experience as a White House Fellow:

"Who gets to do that?"

"Through the course of my year, that's what I keep coming back to: who gets to do that?" asked Colonel Lyman, now with the strategy division in the Office of the Deputy Chief Management Officer in Washington after completing his year in the White House Fellows program, where he worked in the U.S. Department of Transportation.

During his tour of duty as a fellow, Colonel Lyman worked with Deputy Secretary of Transportation John D. Porcari on a department-wide cybersecurity strategic plan and the Next-Generation Air Traffic Control System. The colonel was part of a delegation that negotiated an open-skies agreement with Japan. He also sat in on cabinet-level meetings with Mr. Porcari and Secretary of Transportation Ray LaHood and heard speakers ranging from Fortune 500 CEOs and national-level journalists to U.S. congressmen and Supreme Court justices.

While Colonel Lyman was comfortable dealing with senior military leaders, he soon realized he was in a different world in the transportation department.

"It was kind of invigorating because you're suddenly thrust into this world where you're surrounded by very senior people, with a cabinet secretary right down the hall and a deputy

secretary 10 steps from my office," he said. "The running joke is there are a lot of important people who work in Washington and you're not one of them. But as a fellow, sometimes you get spoiled. You have to stay humble and remember your role as a public servant."

President Lyndon B. Johnson created the fellows program in 1964 to foster leadership and public service by providing individuals with mentoring from senior government leaders and offering first-hand experience working with the federal government and participating in national affairs.

Fellows spend a year working full-time with senior White House staff, cabinet secretaries and other top-ranking government officials. They also participate in roundtable discussions in a speakers program that brings in both civic and political leaders.

Fellows' responsibilities vary, depending on their assignments, but can involve leading interagency meetings and drafting speeches for cabinet secretaries. The director of the President's Commission on White House Fellowships makes assignment decisions, based on input from agency officials after interviews during placement week. After their tenure, fellows are expected to be more experienced in public policy and decision-making and apply what they learned to contribute to their own communities and professions and become the nation's future leaders.

Alumni of the program's 45-year history include former Secretary of State Colin Powell, retired Army Gen. Wesley Clark and three current commanders of major Air Force commands: Air Mobility Command's Gen. Raymond E. Johns Jr., Air Education and Training Command's Gen.

Edward A. Rice Jr., and Global Strike Command's Lt. Gen. Frank G. Klotz.

Former fellows like Colonel Lyman and Lt. Col. Bobbi Doorenbos talk fondly of the network that develops through their experience. Colonel Doorenbos served her fellows tour in 2007 in the Department of Agriculture as a special assistant to the secretary. She landed her current position as special adviser in the Office of the Vice President for Defense and Intelligence, Exclusive Secretariat, when one of her classmates left the job.

Fellows can always call on alumni for advice or guidance. But Colonel Lyman benefitted from a former fellow's mentorship before he was selected. While he was still commanding the 96th Communications Squadron at Eglin Air Force Base, Fla., Col. Bruce McClintock, the 96th Air Base Wing commander at Eglin, arranged mock interviews with local civic leaders to prepare Colonel Lyman for the selection board.

This preparation was particularly helpful as Colonel Lyman and his wife, Nancy, were concurrently experiencing a major lifestyle change. Their daughter Ava was born two weeks before the selection week in Washington.

"I came into fellows weekend feeling a little frazzled with my attention divided, not feeling I was 100 percent prepared, but still kind of on this high from Ava being born," he said. "Then, selection weekend was a whirlwind, I think because it was kind of the mindset I had coming in, but also it's just a whirlwind on its own. It's designed to be that way, where you have all of these great people with the crazy questions and great interviews."



Two members of the President's Commission on White House Fellowships asked questions that completely surprised Colonel Lyman, who had expected certain types of questions from — a famous news anchor and a retired four-star general.

The colonel's new baby played a starring role in his interview with one of America's most recognizable news voices.

"With Tom Brokaw, he's the one you really expect some pointed questions from — a professional journalist," Colonel Lyman said. "Our whole time, we ended up talking about what it was like to have daughters. We talked about what it was like to have to figure out how to be a dad. Again, who gets to do that?"

Another famous name on the selection board surprised Colonel Lyman with his question. The colonel had prepared to discuss Afghanistan and Iraq, U.S.-Iran relations, national security or some other important current issue with General Clark. However, the former Supreme Allied Commander Europe asked him about quantum tunneling.

The general wanted to see how applicants would react to an unexpected question, but he also believed everyone should know something about science, Colonel Lyman said.



Fortunately, the colonel had learned enough in his undergraduate work in engineering to answer the question.

"Some people just said, 'I don't know,'" Colonel Lyman said. "Some people knew a little bit, so they had a conversation about it, and maybe some just faked their way through it. I was probably a combination of the last two. I looked it up on Wikipedia afterward to see if I was right, and I was pretty close. I went up to General Clark the night of our last dinner and asked him, 'Really, quantum tunneling?'"

Fifteen years ago, retired Brig. Gen. Bob Edmonds had similar experiences during his White House Fellows tour. Then a lieutenant colonel and an F-15 Eagle pilot from the 95th Fighter Squadron at Tyndall Air Force Base, Fla., he met with a panel that included actress Mary Steenburgen, astronaut Sally Ride and Olympian Edwin Moses and was selected as a special assistant to Phil Lader, head of the Small Business Administration under President Bill Clinton. He was part of the first White House delegation to visit post-normalized Vietnam and worked on the administration's 100 enterprise and empowerment zones for small businesses.



Colonel Lyman navigates the metro in Washington, D.C.

Colonel Lyman stands outside the White House, where he met with the president and vice president as a White House fellow.



"I think the program provides a window into Washington for fellows to see how it operates," General Edmonds said. "It opened to me a broader perspective of how the executive and legislative branches work together to run the country. You find out as a White House Fellow on this side of the Potomac how people view issues and solve problems in different ways in a coordinated Washington environment."

Providing this type of access to the nation's decision-making process is the core of the White House Fellows program, said retired Gen. Lloyd "Fig" Newton, another member of the President's Commission on White House Fellowships, which selects the fellows each year. General Newton is a retired four-star general, an F-4D Phantom pilot with 269 combat missions, and was the first African-American member of the U.S. Air Force Thunderbirds air demonstration team. But one experience missing from his career was the one provided for Colonel Lyman.

"Some of the folks on our commission have been fellows in years past," General Newton said. "Unfortunately, I am not one and wish I had this experience. What we're looking for are those citizens from across U.S. society who have had some unique achievements and experiences at this early point of their careers. We're looking for what you and I have heard in the military as a whole person. We want those people we

think have already had extraordinary experiences in their professional lives they can bring to the table to spend a year doing this and go out from here to really be energized with the experience to provide service to their communities, the nation and mankind."

Military fellows like Colonel Lyman benefit from the expertise of their classmates in fields such as business, education, law and medicine. Colonel Lyman and an Army officer in last year's class also shared their military expertise in what he called "Military 101," especially on events like an overnight trip on the USS Truman.

"I think military officers bring a great perspective to share with the program that's very unique, especially considering the rest of our class didn't have military experience," Colonel Lyman said. "We felt a responsibility to share that with them. I certainly encourage Airmen to apply because I think we bring a great perspective and experience, both as military officers and as Airmen."

Other highlights during Colonel Lyman's tour were a trip with Secretary LaHood to Creech Air Force Base, Nev., for a remotely-powered aircraft operations tour that featured the MQ-1 Predator and MQ-9 Reaper. The fellows learned about the space launch mission at Patrick Air Force Base, Fla., and enjoyed the traditional beans and cornbread with NASA members after a successful shuttle launch. The fellows class also had meetings with the president and vice president and

an overnight trip on the USS Truman aircraft carrier in the Atlantic Ocean.

But he learned the most from watching leaders like the transportation secretary and deputy secretary while they discussed policy and made decisions. His experience as a fellow prepared Colonel Lyman not only for his current position, but also to move forward to the next level of leadership in his career.

"I think leadership in the Air Force gave me the confidence to deal with very senior people in a professional manner," he said. "This was a unique opportunity to serve at the junction where policy and politics meet, which as a military officer, you don't get to see often. We work so many policy issues without seeing the politics of implementing them, so it was interesting to work at this level and see that. Doing this has given me a better vision of what's possible and how to move policy issues forward toward implementation and the challenges of leadership at the highest national level. The challenge for me will be to apply those lessons in leadership scenarios presented to me through my Air Force service. Hopefully, I'll be able to apply those lessons to be a more effective leader."

During the year between Colonel Lyman's squadron command and his current assignment as a group commander, the fellows program put him in a position to meet with and observe policy-makers in action. As a White House Fellow, he got to do that. ♡



STORY BY RANDY ROUGHTON

DOUBLE DUTY:

AF FAMILY COUNTS THE DAYS DURING PARENTS' DUAL DEPLOYMENT

Disney Princess and "Toy Story" characters serve an important purpose for the Gamez family. The familiar Disney faces on 5-year-old Tomas' and 3-year-old Eva's calendars remind them how many days remain before Mama and Daddy return from their deployments in Afghanistan. Eva and Tomas mark off each day as they look forward to reaching the week marked with a sticker and the words, "Daddy should be home this week."

The calendars went to Ohio with the children when their mother, Tech. Sgt. Christina Gamez, took them to their maternal grandmother's home before the holidays. Sergeant Gamez will begin combat skills training at Camp Bullis near San Antonio in early January before deploying to Afghanistan. Her husband, Master Sgt. Rodolfo Gamez, left in September. He is a member of the Air Force Intelligence, Surveillance and Reconnaissance Agency at Lackland Air Force Base, Texas.

"Every night, I make it a point to [tell the kids how many days there are] until Daddy starts home," Sergeant Gamez said two months before she reported to Camp Bullis. "They know that means it's about [45 days after that] before Mama gets home."

Sergeant Gamez is a financial analyst who was assigned to the 802nd Comptroller Squadron at Lackland before her deployment. She's also writing a blog, "Double Duty," during the couple's deployments to help prepare other Air Force couples for the concerns they will face if they deploy at the same time.

She hopes the blog will help fellow Airmen make difficult decisions before and during their deployments. "Double Duty" is available at <http://doubleduty.dodlive.mil>.

Because of their ages, Sergeant Gamez tried to keep her children from hearing about the tragedy and violence where their parents would be spending the next year. The TV usually was on a Disney video or educational program and not the news, and she asked her mother to follow her lead while the children are with her.

But sometimes it was unavoidable, as when she was with her children at Wilford Hall Medical Center at Lackland for a medical appointment before she departed.

"The TV was on CNN and they were talking about bombs in Afghanistan, so my kids asked me, 'Mama, why are they talking about bombs and Afghanistan?'" she said. "I told them they were talking about a different part of Afghanistan, but that's why mamas and daddies have to go over there and keep the bad guys locked up. I don't typically watch the news. I watch something that makes me happy or want to laugh. I don't want

them to hear that stuff."

As the day to leave drew near, Sergeant Gamez found herself alternating between the joy of watching her children's soccer games and the melancholy of knowing she would soon have to leave them for the uncertainty of deployment. But like her children, she drew comfort in what the calendars have in store for her family when she and her husband are home again.

A special date the Disney characters are helping the Gamez children keep in mind will be about two months after

Sergeant Gamez returns. The family went to Disney World in Orlando, Fla., before the deployments and plans a return trip soon after reuniting next year.

"I get sad because I wish I didn't have to go, but I know so many things are going to be easier," Sergeant Gamez said. "I know all of the benefits we're going to have when we get back. For our first time in the military, we're going to have almost a whole year when we will probably be together. We're just living in the moment right now."

photo by Tech. Sgt. Bennie J. Davis III



Master Sgt. Rudy Gamez embraces his wife, Tech. Sgt. Christina Gamez, before boarding a flight at the San Antonio International Airport. The two will be separated for nearly a year while they both serve deployments.



AIRMEN TACKLE ENDURANCE RACE IN HAWAII'S LAVA FIELDS

STORY BY STAFF SGT. MIKE MEARES ★ PHOTOS BY TECH SGT. COHEN A. YOUNG

Capt. Jaime Turner, an Air Force Reserve C-17 Globemaster III pilot, and Maj. William "Kidd" Poteet, a U.S. Air Force Academy instructor, represented the Air Force in the military competition at the 2010 Ford Ironman Triathlon World Championship. The two Airmen were among more than 1,800 competitors.

A team of Airmen pushed the envelope of mental and physical toughness to claim the military division of a grueling, 140.6-mile triathlon in the 2010 Ford Ironman World Championship, held in Kailua-Kona, Hawaii. The event's theme was, "ke alahele o ke koa," meaning "the way of the warrior" in Hawaiian.

The Air Force team was one of four officially-sponsored male-female teams competing as representatives of their service branch. Maj. Scott Poteet and Capt. Jaime Turner faced teams representing the U.S. Army, Navy and Coast Guard. A Marine

officer without a female teammate competed in the men's division.

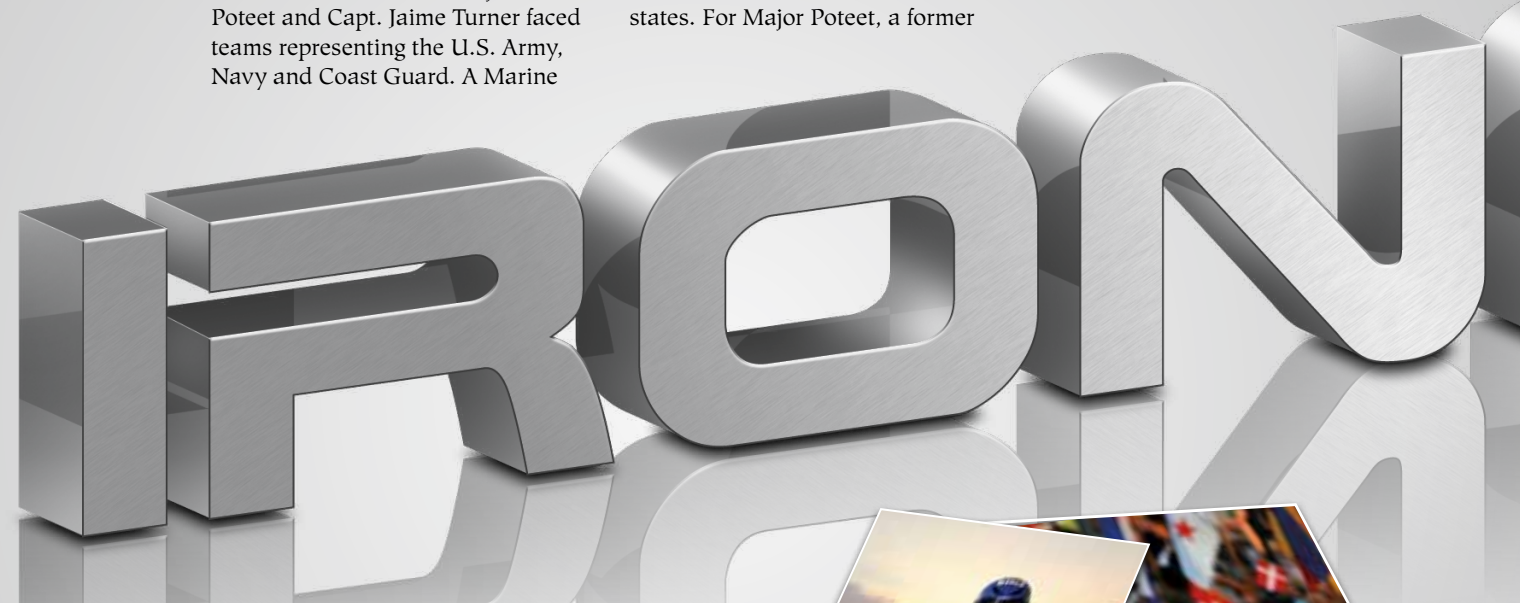
The military division winner is based on the combined lowest time of the male and female representatives of their service. There is also an overall male and an overall female winner. The trophy is handed down from year to year with names of top competitors and the winning service engraved on the side.

The two Airmen swam, biked and ran among nearly 1,800 other endurance athletes representing more than 45 countries and almost all 50 states. For Major Poteet, a former

Thunderbird pilot currently serving at the U.S. Air Force Academy, and Captain Turner, an Air Force Reserve C-17 Globemaster III pilot from Joint Base Charleston, S.C., the race was not about personal accomplishments.

AIMING HIGH

While Captain Turner had competed in a previous Ironman competition, being sponsored by the Air Force added dimension to the Kona race.



(clockwise, from bottom left) More than 1,800 competitors took part in the Ironman competition, which began with a 2.4 mile swim in Kailua Bay, Hawaii.

Capt. Jamie Turner poses for a photo while training for the Ironman triathlon's bike event.

Capt. Jamie Turner waves the Air Force flag as she crosses the finish line at the 2010 Ford Ironman World Championship. Captain Turner finished first in the military female division.

Maj. William Poteet crosses the Ironman finish line. His time, combined with Capt. Jaime Turner's, put the Airmen in first place in the military competition. The Air Force team's time was more than an hour faster than that of the second-place Army team.



"Everything I do during that race represents the Air Force," Captain Turner said. "I'm not going to have people yelling my name; they will be yelling 'Go, Air Force.' I have a whole different reason to race besides myself."

Major Poteet has finished 10 races around the world and represented the Air Force at Kona for the second time.

"I want to make everyone proud in the Air Force by wearing the colors," Major Poteet said. "That is the meaningful element to this race. There are so many people along the course; 140.6 miles is a long way. There are a lot of people out there cheering you on. To be able to wear an Air Force uniform, that's what they see first and that's what they respond to."

THE JOURNEY

The morning of the race, the competitors stood on the beach nearly

In a little more than an hour, both Airmen climbed from the water to begin the 112-mile bike ride along the Kona and Kohala coastlines.

Major Poteet hit a wall mentally between the 90 and 100-mile marks on the ride, making the remainder of that stage difficult to complete. Captain Turner hit the wall much sooner, at around the 20-mile mark, and her discomfort lasted until the end of the ride.

"It was very frustrating for me because the bike is usually my strong point," she said. "If someone passes me, I make sure I keep up with them, or I'm always the one passing people."

She was not doing much passing this time, as intensifying pain radiated up and down her right leg and

With only two miles to go in the run, Major Poteet hit his second and biggest wall of fatigue. But he found his motivation upon hearing the news of Captain Turner's sizable lead for the women's group.

"The objective is to stay strong and find a way to fight through that wall," the major said. "Every single race I have competed in at the Ironman level, I've had struggles. I've hit walls. Some I've overcome and some I haven't."

FINISHING FIRST

Spectators, vacationers, athletes and family members lined the street along the path cheering for the competitors as they wound their way along the final stretch.

100 yards from the starting line and focused on the journey laid out before them: a 2.4 mile swim in Kailua Bay's choppy salt water, a 112-mile bike ride across encrusted lava fields and a full marathon-length run of 26.2 miles.

"This is a very unforgiving environment, especially once you get out on the highway," Major Poteet said. "There's no hiding from the elements. Two of the biggest challenges are the sun and unforgiving heat radiating off the lava fields."

The event began with the swimming portion of the competition.

"The swim is more of a survival than I thought it would be," Captain Turner said. "Elbows getting thrown and people kicking you are only part of it. You take a deep breath, because you don't know when your next one will be, in the beginning. You just keep moving forward."

upper thigh. Sheer winds on the volcanic mountain nearly blew her off her bike several times. To make matters worse, stomach cramps kicked in, forcing her to lean over and vomit as she pedaled.

The captain stayed motivated by thinking about some of the other competitors. This Ironman championship witnessed its first triple amputee finisher in its more than 30-year history.

"I started thinking about the amputees or the guys that don't have legs doing this race," she said. "I thought, 'Well, if they can finish this race with zero legs or one leg, then I can easily finish this with a small little pain down my leg.'"

Her worries about pain during the bike stage dissolved after transitioning to the run. As she stepped off the bike she experienced a burst of energy, knowing that she was running toward the finish line.

"There's nothing in the world [that compares to] the atmosphere at the Ironman world championships," Major Poteet said. "Ali'i Drive is the most famous road I know. It is just lined three or four deep with fans cheering as loud as can be."

"Zigzagging along the sea wall, you turn a corner and see the finish line. Mike Reilly, the voice of Ironman, is cheering you on and announces your name. As soon as you cross that line, it's 'Scott Poteet, you are an Ironman.'"

Captain Turner crossed the finish line carrying a blue Air Force flag her boyfriend handed her along the final turn.


Major Poteet and Captain Turner posted a combined time of 20:27:36, a full hour faster than the second-place Army team.

"[This win] means more than any age group win or individual win," said Major Poteet. "The fact that we worked together as a team element in an otherwise individual sport is incredible." 🏆



STORY BY STAFF SGT. VANESSA YOUNG ✦ PHOTOS BY TECH. SGT. BENNIE J. DAVIS III

THE OPERATING ROOM OF THE FUTURE



A new state-of-the-art operating room at Travis Air Force Base, Calif., is changing the way doctors perform surgery and reviving the Air Force cardiac surgery program.

The cardiovascular operating room, or CVOR, at the David Grant USAF Medical Center is like four rooms in one. It's double the size of a typical operating room and designed specifically for cardiac and vascular surgeries. It is also, because of the state-of-the-art equipment in place, a radiology lab and a cardiac catheterization lab.

This means doctors and technicians

as minimally invasive procedures without moving the patient.

"[The CVOR] saves the patient time going from one room to the next, and it can also save them a second surgery," she said. "If they did find something wrong in the past they would have to bring the patient back to the OR. Now, they do it right after the surgeon is finished and if something is wrong, they can fix it right away."

Hybrid operating rooms aren't a new concept in the civilian medical field, but through a joint Department of Defense, Department of Veterans Affairs and University of California at Davis venture, it is the only cardiovascular operating room in the Air Force.

Vascular surgeons perform an abdominal aortic aneurysm repair procedure in the hybrid Cardiovascular Operating Room, located at the David Grant USAF Medical Center on Travis Air Force Base, Calif.

[THE CVOR] SAVES THE PATIENT TIME GOING FROM ONE ROOM TO THE NEXT, AND IT CAN ALSO SAVE THEM A SECOND SURGERY

— Lt. Col. Brenda Waters



with different specialties, including cardiac surgeons, vascular surgeons, interventional radiologists and cardiologists, who would typically work on their patients in four separate units, can all work in the same room.

"In the past, when the surgeons performed an open heart case at another facility, once the procedure was complete the patient would be taken to the [intensive care unit] and the surgeon wouldn't know if the procedure was done correctly until the patient showed signs of something going wrong or when they took the patient to the catheterization lab," said Lt. Col. Brenda Waters, the operating room flight commander. "But now, they can actually do it inside the room. As soon as the surgery is over, they can call in the cardiologist and right there they can do everything that they did in the catheterization lab before, inside the OR."

Specialists at DGMC can collaborate to perform complex open heart and vascular surgeries as well

Until the Travis facility opened, the last cardiovascular surgery performed at an Air Force facility was in 2006.

In 2008, Lt. Gen. (Dr.) Charles Green, the Air Force surgeon general, decided to bring a cardiac surgery program to DGMC. As the consultant to the Air Force surgeon general for cardiothoracic surgery, Col. (Dr.) Jerry Pratt, also the chief of cardiothoracic surgery at DGMC, and his team, including Colonel Waters, looked at where technology was headed.

At the time, hybrid ORs existed, and there was interest in integrating a hybrid OR into cardiac surgery, but the technology was still evolving, Dr. Pratt said. In 2009, Federal Drug Administration officials approved the Artis zeego.

The Artis zeego is a medical imaging system with a multi-axis C-shaped robotic arm that allows doctors to get detailed 3-D images of the body, similar to a CT scan, in the operating room. This piece of equipment can only be found in four other hospitals in the nation.



A surgeon stitches up a patient after completing a procedure in the Cardiovascular Operating Room at Travis Air Force Base, Calif. The new operating room provides patients with advanced and integrated monitoring technologies for cardiovascular care.

"A lot of other places have something similar to this in their [endovascular surgery] suites. But in those suites, the C-arm is actually right next to the bed, so it would get in anesthesia's way, it would get in the way of our table, and it would be a problem if we ever had to convert to [open-heart surgery]," said Senior Airman Brandon Bloomer, an operating room technician. "This one is awesome because it's seated far away, and it uses robotics to maneuver its way into the bed. It's really maneuverable, and it gives us the option of where we can go with our tables, and it gives anesthesiologists the option to get closer to the patient."

By integrating this piece of radiology equipment, doctors can perform a completion angiography, a process usually done in a separate lab, where doctors inject a dye into the patient and use X-ray technology to check the veins, arteries and chambers of

the heart. If a surgeon sews a graft onto an artery to improve blood flow, the surgeon can use the zeego to see if the graft is sewn on correctly and if blood is flowing as intended.

"Traditionally we look at a cardiac catheterization before the operation, but there's nothing in the operating room that shows us where we need to be on the artery," Dr. Pratt said. "It's all based on what we've seen in the cardiac catheterization lab. So there is a chance that we could put the bypass before the blockage. With this technology we'll see if we are before the blockage. If we are, we can move the graft, or we can do something to that blockage now, with the help of the interventional cardiologist, so we don't have to move the patient, and we can give the patient the best possible bypass."

The surgical team at DGMC can perform 12 different specialty surgeries here. In a typical operating room, there are standard machines in each

room, but a lot of the specialty equipment is mobile. Prior to a surgery, nurses and technicians will roll in the equipment needed, and post-surgery, roll that equipment out to prepare for the next surgery.

The cardiovascular operating room is fully equipped with the equipment needed to perform procedures, so no equipment needs to be moved, which, according to Colonel Waters, decreases turnover time between surgeries from 25 to 35 minutes to 10 to 15 minutes.

With the CVOR and zeego in place, the Air Force's cardiac program can evolve toward less invasive heart surgery.

"In the not too distant future, we can change the way we perform aortic valve replacements," Dr. Pratt said. "Instead of doing the standard incision down the middle of the chest, stopping the heart, taking out the valve and sewing in



a new valve, we will be able to do it either through a small incision on the chest, where we can slide the valve in and inflate the valve within the heart or we can go up through the groin and come around. This technology is perfect for that in this setting. If there's a problem, we can go and do it the standard way right here in this room. It is the operating room of the future."

The operating room of the future thrives on the collaboration between different specialties, but according to Colonel Pratt, relies on support given by the VA. DGMC is a unique facility where VA and Air Force officials partner to provide care for both DOD and VA patients in the area.

"We are dependent on the VA for patients and personnel," Dr. Pratt said. "They are allowing us to hire operating room nurses, ICU nurses and clinic staff to help increase our capacity to see more patients. We take

care of patients; they provide us with personnel to do what we need to do."

Increasing the capacity to see more patients is an issue that not only affects those in the cardiovascular program, but everyone who works in the hospital.

According to Dr. Pratt, the biggest impact of more patients is better training.

"More patients means better training for the surgeons, for the nurses and for the [technicians] in the operating room; better training for the nurses, techs in the ICUs and the wards; better training for the physical therapist, dieticians and nutritionist; better training for the blood bank and the lab," he said. "Having a cardiovascular program impacts an entire hospital even to the smallest level."

The cardiovascular program greatly affects the quality of care given to DOD and VA patients in California, and also benefits the quality of care for wounded servicemembers downrange.

"Doing a heart or vascular surgery is the closest thing to trauma at DGMC," Dr. Pratt said. "We deal with blood, and we have big incisions. In trauma surgery, most of that is vascular injury that we have to deal with, so having teams that can deal with it in a controlled, calm environment and sending them over into that environment is a great asset to the patients and a great capability to bring over to the AOR."

In the end, the opportunities for collaboration, the new technology and the faster turnover times are benefits, but the biggest benefit is for the patients.

"Everything we are doing here is high technology and is good for the staff, but the bottom line is the patient," Colonel Waters said. "Everything that we have done or implemented is for the benefit for the patient. If it's less time in the OR, fewer surgeries or just patient safety, everything we do is for them." 🦋

(clockwise from left) Dr. Robert Noll, a vascular surgeon with DGMC, performs an abdominal aortic aneurysm repair procedure in the CVOR.

Vascular surgeons at the David Grant USAF Medical Center watch imagery produced by the C-arm of the Artis zeego during a procedure.

The third successful surgery is completed at the new CVOR at the DGMC. The CVOR allows doctors and technicians from different specialties to work on patients in the same room, rather than in separate units.

STORY BY STAFF SGT. MATTHEW BATES

REPRESENTING THE FORCE

Body rigid, eyes locked straight ahead, Airman 1st Class Gerry Irra stands motionless, waiting for the next command. Beside him, in a row, six other Airmen imitate his stance. “Ready!”

At this command the seven Airmen reach up, depress the operating rod handle of their M1 carbine rifles and squeeze the trigger in one fluid motion.

Bang, bang, bang.

Airman Irra winces. There should’ve only been one bang. More than one signifies the team didn’t have a “boomer,” meaning all seven rifles weren’t fired so close together they sounded like just one shot.

“Not good enough,” shouts a non-commissioned officer watching the Airmen. “Not good enough at all. Do it again. Do it better.”

Airman Irra doesn’t grumble. He

knows the team has to do better. And it will, even if that means practicing all day.

This time wasn’t for real, but the next time could be. Even though it’s just a practice, there is no room for mediocrity, no passes for excuses and nothing less than perfection is accepted.

Because this is the United States Air Force Honor Guard, and here, excellence isn’t just a flashy catchword or a cheesy slogan. Here, it is expected.

GUARDING TRADITION

Whether wowing audiences with their precision drill movements, rendering honors to fallen comrades or presenting the colors with pride, the Air Force Honor Guard makes a living out of being in the public spotlight.

There are autographs to sign, people to talk to and others to inspire.

This doesn’t bother the Airmen assigned to this elite unit, though. Their mission, after all, is to represent the Air Force to the American public and the world.

The unit’s main job is to render military honors for Air Force personnel and their family members during funeral services at Arlington National Cemetery.

Additionally, the Honor Guard represents all Air Force members, past and present, at ceremonial functions in Washington, D.C. These functions include arrival and departure ceremonies for national and foreign visiting dignitaries at the Pentagon, the White House and Andrews Air Force Base, Md. Honor Guard members also participate in wreath-laying ceremonies in Arlington National Cemetery and at change-of-command and retirement ceremonies.

“It’s a lot of work, but it’s fulfilling work,” said Staff Sgt. Eric Allen, Honor Guard media librarian.



A color guard element trains on the Air Force Honor Guard ceremonial lawn at Bolling Air Force Base, Washington D.C.

The Honor Guard consists of three ceremonial flights, made up of color bearers, pall bearers and firing party personnel. The unit also operates the drill team.

Together, these ceremonial flights perform an average of 10 ceremonies per day, and nearly 3,000 per year.

"We are in the public spotlight day in and day out, so every time we do our job we have to make sure we are representing the Air Force positively," Sergeant Allen said.

To do this, the 240 Airmen assigned to the unit spend their days practicing drill and other ceremonies that are part of the Honor Guard's responsibilities. These range from rendering honors at funerals to marching in parades to performing advanced drill movements at public events.

"If we're here and not performing, we're practicing," said Airman 1st Class Robert Barnhart, a trainer with the Honor Guard's firing party.

**WE ARE IN THE
PUBLIC SPOTLIGHT DAY
IN AND DAY OUT, SO
EVERY TIME WE DO OUR
JOB WE HAVE TO MAKE
SURE WE ARE
REPRESENTING THE AIR
FORCE POSITIVELY**

— Staff Sgt. Eric Allen

These practices aren't just busy work, either. Every movement of every routine the Honor Guard performs has to be perfect, each hand moving at the same time, each finger pulling a trigger simultaneously and each drill movement synchronized expertly.

Practice makes perfect. And the better the practice, the better each performance.

"If we put in the effort when we practice, then that makes us better," Airman Barnhart said. "And the better we are here [at Bolling Air Force Base, Washington D.C.], the better we look out there."

And out there, a lot of people are watching.

It may be family members at a fallen Airman's funeral, kids at a local middle school or millions of people watching a former president's burial.

No matter the event or number of people there, the Honor Guard's goal is always the same: Perform with excellence and represent the service with pride.

HONOR BOUND

Perfection doesn't come easy. It means standing for hours without moving a muscle or twitching an eyebrow, executing commands with precision and wearing a uniform that is immaculate.



Tech. Sgt. Joseph Matulewicz, U.S. Air Force Honor Guard, renders a salute during the funeral for Tech. Sgt. Phillip A. Myers at Arlington National Cemetery. Sergeant Myers, from Hopewell, Va., was killed in Afghanistan April 4, 2010, by an improvised explosive device. His family was the first to allow media coverage of the dignified transfer of remains at Dover Air Force Base, Del., since Defense Secretary Robert Gates lifted the 1991 ban.

(opposite) Sixteen members of the U.S. Air Force Honor Guard Drill Team perform at Holloman Air Force Base, N.M. The drill team shows off Air Force precision, discipline, teamwork and professionalism.

It means getting rained on, snowed on and sunburned. It can also mean standing in over 100 degree heat or in below zero temperatures.

"In some cases, we are the last image a family may have of the military," Airman Barnhart said. "We want to make sure that image is a good one, professional and dignified."

The Honor Guard started in May 1948 when Headquarters Command USAF was instructed to develop plans for an elite ceremonial unit comparable to those of the other armed services. As a result, a ceremonial unit was activated within the Air Police Squadron in September 1948 with an authorized strength of 98 enlisted and two officers. However, due to transfers and personnel attrition, the ceremonial detachment was disbanded by the end of the year. It wasn't until March 1949 that sufficient personnel were assigned to enable the unit to function.

The ceremonial detachment continued to be assigned to the Air Police Squadron until December

IN SOME CASES, WE ARE THE LAST IMAGE A FAMILY MAY HAVE OF THE MILITARY. WE WANT TO MAKE SURE THAT IMAGE IS A GOOD ONE, PROFESSIONAL AND DIGNIFIED

— Airman 1st Class Robert Barnhart

1971. Then, in January of 1972, the Honor Guard came into its own as a separate unit.

Today's Honor Guard is comprised of volunteers who are carefully screened for their ability and physical dexterity. Only those persons who are highly motivated and maintain an exceptionally high standard of appearance, conduct, and aptitude for ceremonial duty are considered.

"It's the most fulfilling job I've ever had," Sergeant Allen said. "And the things we do aren't for us, but for the Airmen and families we represent."

SEEKING COMMITMENT

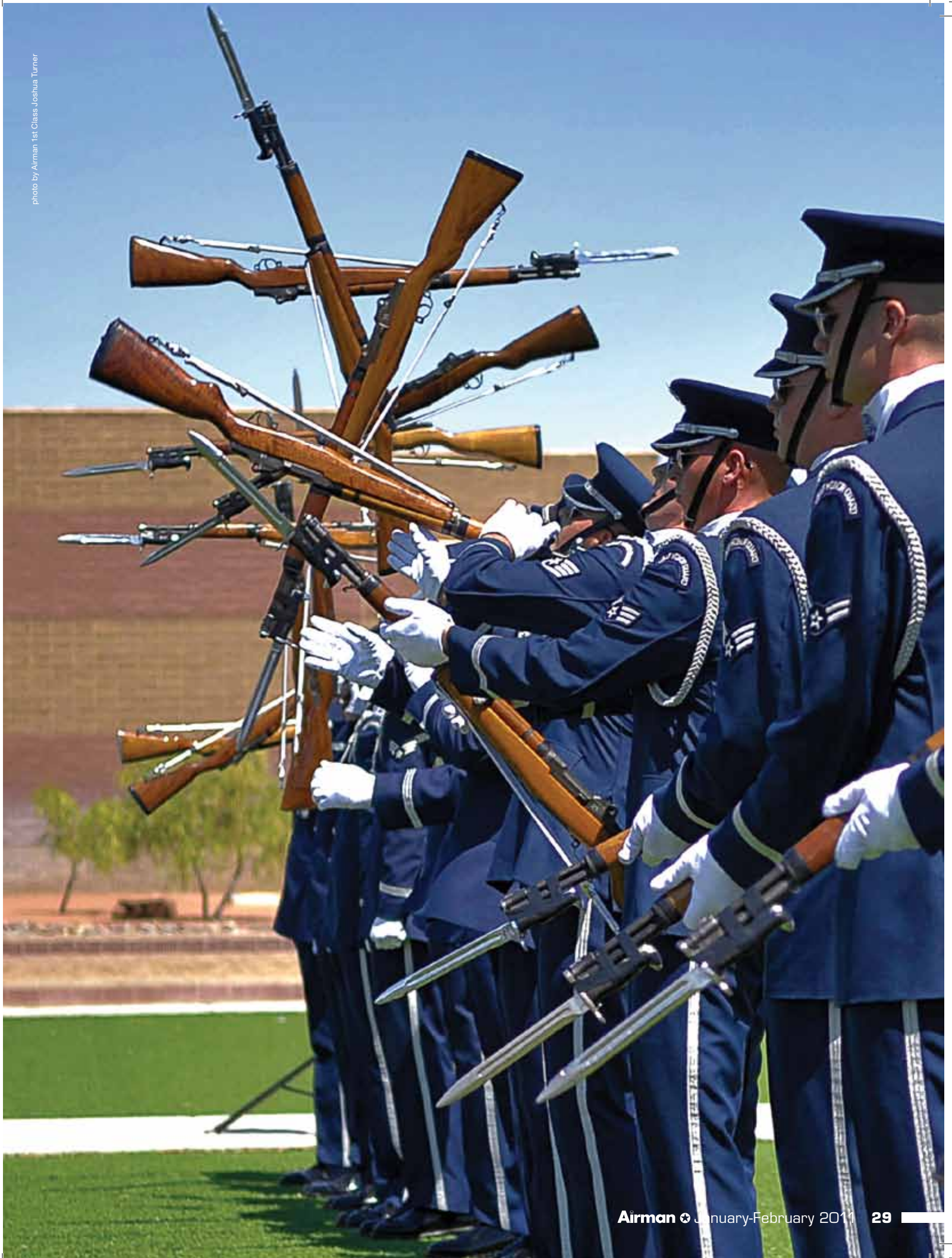
There are two ways to join the Air Force Honor Guard. Airmen can sign up while in Basic Training and head to Bolling Air Force Base right after graduation, or Airmen already in the Air Force can simply go to the unit's website, www.honor-guard.af.mil, fill out a package and wait to see if they are selected. Upon selection, Airmen go to Bolling Air Force Base for an eight-week technical training course.

The Honor Guard is always looking for eligible candidates, too.

"The job definitely isn't for everyone," Sergeant Allen said. "It takes a person with lots of heart, commitment and desire. But if you have these traits and want to know the feeling of pride that comes with doing something great, then the Honor Guard may be for you."

It's a job rich in tradition, forged in honor and accepting of nothing less than excellence.

"It's been one of the best experiences of my life," Airman Barnhart said. "If I could do it all over again, I would." 🦅





Keeping it Real

AIR FORCE VETERAN BRINGS SUNNY DEMEANOR TO FOOD NETWORK

STORY BY STAFF SGT. MATTHEW BATES ★ PHOTOS BY TECH. SGT. BENNIE J. DAVIS III

To call Sunny Anderson a “foodie” would be an understatement. She loves everything about food: Eating it, cooking it, trying new dishes and rehashing old ones.

And this love affair with food has been a good one.

She hosts two shows on the Food Network, “Cooking for Real” and “How’d That Get on My Plate?,” makes regular appearances on the “Today Show,” “Good Morning America” and local news broadcasts; and is making a living doing something she loves: cooking.

“Every day I wake up and say thank you,” she said. “I still can’t believe where I am and how lucky I’ve been.”

Sunny doesn’t just cook for real, she keeps it real and is the first to say she owes much of her current success to her background as an Army brat and an Air Force broadcaster.

“You know, you learn a lot of intangibles in the military, things like duty, honor, integrity and confidence,” she said. “I’ve taken these with me throughout my life and they’ve helped me get where I am today.”

Where she is today is exactly where she wants to be and her journey has been as eclectic and interesting as the dishes she prepares on her television shows.

A FAMILY AFFAIR

In Sunny’s family, joining the military was just the thing to do.

“It’s like the family business,” she joked. “My dad was in the Army, but I wasn’t sold on being a Soldier myself.”

Instead, she joined the Air Force right out of high school, where she worked as an award-winning radio



and television broadcaster. The experience was new and exciting and she loved every minute.

“I had a great time in the military,” she said. “I got to meet new people, travel the world and do a cool job.”

That job eventually led her to San Antonio, where she was assigned to the Joint Hometown News Service. At this assignment, she remembers trotting the globe to film holiday greetings for servicemembers stationed overseas.

“You know, it’s those things you see on TV where military people say hi to their families and wish them happy holidays,” she said. “I hated doing those back then. It was a lot of work and I didn’t understand how important it was.”

Now, though, she sees the big picture and every time she watches a military person on the TV smiling and waving to his or her family back

home, she gets a little emotional.

“I see those videos and I say, ‘Wow, I was part of that and it’s still doing its thing,’” she said. “Now I see how important those videos are for so many people. It seems like such a small thing, but to a lot of people it means a whole lot.”

Sunny’s tour in the Air Force came to a close in 1997, but the skills she learned while serving her country still serve her.

FINDING HER WAY

Sunny’s first stop after leaving the Air Force was New Orleans, a city she had visited only a few times before. Being a foodie, it didn’t take long before she fell in love with the local cuisine, even with seafood, of which she wasn’t a big fan.

“Before I lived there, I had a real disdain for all seafood except for raw oysters. Go figure,” she said.

Sunny Anderson shares a laugh on set with the production staff while filming “I Have an App for That,” a Season 8 episode of her show, “Cooking for Real.”

(opposite) Sunny holds a freshly-made batch of her pizza bites during the filming of “Cooking for Real,” at the Food Network studios in New York City.



On her show, "Cooking for Real," Sunny Anderson serves up solutions for easy-to-prepare, fantastic tasting meals that are designed as real food for real life.

Airman Sunny
Anderson (U.S. Air
Force photo)



WHETHER YOU DO
FOUR YEARS OR
20, THE MILITARY
CAN BE THAT
FOUNDATION YOU
BUILD THE REST
OF YOUR LIFE ON.

— SUNNY ANDERSON



"I visited New Orleans and decided, after trying one amazing shrimp etouffee there, that a city that could make me open my palate to seafood was the city for me."

The Crescent City didn't just open her eyes to new and exciting tastes, it also paved the way for her continued love affair with radio and music.

"The city gave me my first job out of the military as a radio DJ," she said. "So I worked there, ate good food and just started trying to figure out who I was and what I wanted to do."

This journey of discovery would take her from New Orleans to Montgomery, Ala., and then to Detroit. At each stop she indulged her love of music and food by working at radio stations and sampling the local cuisine. She also started cooking for coworkers, bringing delicious dishes to potlucks and company functions.

But Sunny's goal was to work in a major radio market and she knew this meant eventually moving to either New York or Los Angeles.

She chose New York and within a year, Sunny was a featured DJ on one

of the nation's top hip-hop stations, HOT 97. Vibe magazine rated her show as one of the top nine to listen to nationwide and crowned her "Ruler of the Airwaves." Her radio success also landed her appearances on MTV, and voice-over gigs on television and radio ads for Destiny's Child, LL Cool J and John Legend.

Through it all, though, Sunny kept cooking for her friends and coworkers.

"When I first got to New York, people kept asking me, 'What's next? What's next?' and I didn't have an answer for them," she said.



"But I was still cooking for people."

And the people loved it. Everywhere she went, they asked her to make this or that dish and raved about her food.

"At first it was like, 'It's friendly. I'm bringing food. Let's eat and hang out.' Someone brings a bottle of wine; I bring a dish," she said.

Then, all at once, it started getting too big, too out of control.

"One summer, my boss and all these executives went to a house out in the Hamptons that the radio station had and I brought my mac and cheese, my chicken, a lot of standout dishes,"

Sunny said. "A week after that, I started getting booked [for catering] by all the station's executives. I didn't even know I was in the running; I thought I was just cooking for friends. I didn't set out to do it, which is probably why, when it got a little too big for me, I had to stop. I couldn't wrap my brain around doing it full force while still doing radio."

Being a foodie and a dabbler in the

kitchen, Sunny couldn't cut cooking out of her life completely. Her love for it even drove her to talk about her cooking on her radio show. A coordinator for the Food Network's "Emeril Live" heard her and invited Sunny to be a guest on the show, something she still ranks as one of the best moments of her life.

"Oh, I was so nervous I threw up," she laughed. "It was such a good feeling [doing the show] though, doing something you love and sharing. That's all radio was for me: living life and sharing my experiences on the air."

It was just the kick Sunny needed. From that moment, she was hooked and knew her next move was to work on food television. At first, no one was buying in, though, and it took several years and a lot of persistence before the Food Network agreed to give her a chance.

"I started at the Food Network in 2007," she said. "And I've been here ever since."

COOKING FOR REAL

Sunny now has several seasons under her belt and she's just as comfortable in her "pretend" kitchen at the Food Network studios as she is in her real one at home.

Her show, she says, is all about cooking real food for real people. So, it's no surprise the show is called "Cooking for Real."

"I think they wanted to play on the fact that I'm a real person, not a fancy chef in some large restaurant," she said.

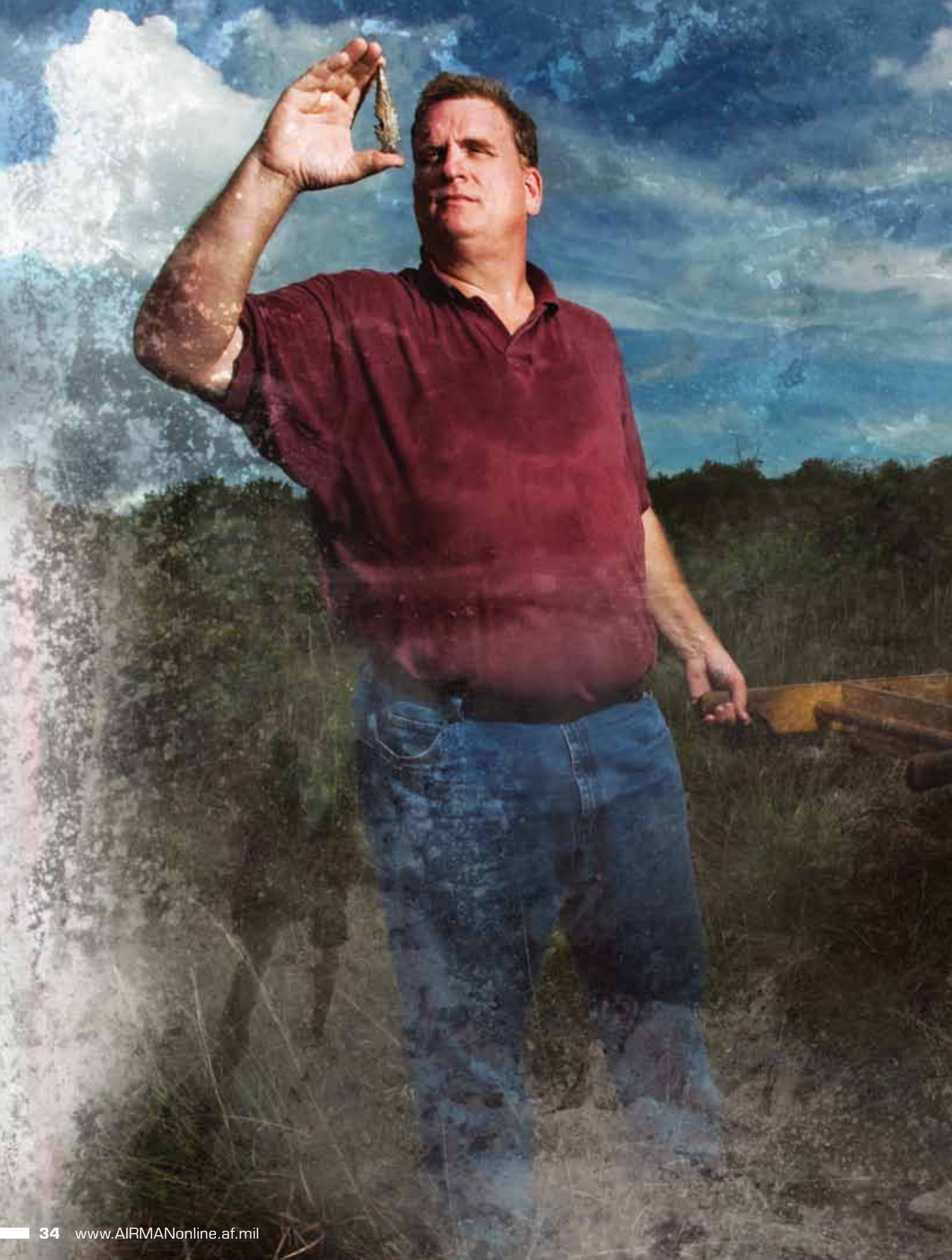
And part of being a "real" person is knowing where you come from, being thankful for what you have and sharing what you can with others, she added.

"I know that I owe a lot to my family and the values I learned in the military," she said. "It just shows that whether you do four years or 20, the military can be that foundation you build the rest of your life on." 🐦

Airman 1st Class

Alina Richard prepares a microphone for Sunny Anderson, who was an Air Force broadcaster in the 1990s. (U.S. Air Force photo by Lance Cheung)

"Sunny's Fake Crepes," a recipe featured on "Cooking for Real," includes whole wheat tortillas, chocolate hazelnut spread and marshmallows.



SAVING THE PAST FROM THE FUTURE

STORY BY STAFF SGT. PATRICK BROWN ✦ PHOTOS BY TECH. SGT. BENNIE J. DAVIS III

At first glance, Thomas Penders' job with the 45th Space Wing may seem like walking a tightrope.

As an aerospace archaeologist and cultural resource manager at Cape Canaveral Air Force Station, Fla., he ensures the 45th SW can continue to be America's premier gateway to space through unhindered development on the Cape. On the other hand, he has a responsibility to protect the Cape's 5,000 years of history from that very development.

The two missions, however, go hand-in-hand.

Mr. Penders has one goal in mind: to help ensure the 45th SW and the Air Force are stewards of the past while continuing their space mission. He must survey each of the Cape's 16,000 acres before a construction project must be stopped because excavators have found a pre-historic migratory camp, a 150-year-old unmarked grave or part of a

50-year-old launch complex buried by vegetation.

Once sites such as those are found, studied and documented, developers are free to plan and build new launch complexes and support buildings.

Mr. Penders said before he leaves the 45th SW, he wants to have every historical site identified and classified so the person

nature of a newly discovered historic site, Mr. Penders has to coordinate preservation or restoration with the appropriate agency. If a site contains Native American human remains, he will contact a local federally-recognized Native American tribal leader, as directed by the Native American Grave Protection and Repatriation Act, to discuss the best course of

action. He recently had to do this when he and a team of volunteers found human remains that dated back to around

I WANT ALL THE CULTURAL RESOURCES ACCOUNTED FOR

— Thomas Pender

who replaces him will have nothing to do but manage.

"I want all the cultural resources accounted for," he said. "I'm out here looking at the future plan and getting the stuff done way ahead."

Finding and documenting those sites, while preparing for the future, is also what enables him to look toward the past and preserve it, another Air Force responsibility.

Depending on the age and

1,000 A.D. at a site not far from Launch Complex 17. Those remains were reburied and work at the site continued.

The excavation at that site uncovered a unique type of pottery that is causing scientists in the archaeological arena to consider moving the ending date for what they call the Malibar Period from 750 to 1,000 A.D.

"We're keeping the DOD, the Air Force and the 45th SW in compliance [with the National Historic Preservation Act], but it also makes me feel good about the fact I'm contributing something to science," he said.

Mr. Penders has considerable experience encountering sites dating back to the Europeans' arrival at the Cape about the same time as Ponce de Leon's 1513 discovery of Florida.





Thomas Penders sifts through dirt in search of artifacts at the Little Midden site, found in 2006, at Cape Canaveral Air Force Station, Fla., while working with a team of volunteers from the Indian River Anthropological Society. Artifacts at the Little Midden site date back more than 1,000 years. Mr. Penders is the cultural resource manager for the U.S. Air Force 45th Space Wing Civil Engineering Squadron at Cape Canaveral.

Much of Mr. Pender's recent focus is on the Cape's settlement period, starting in 1843 with the construction of the still-working lighthouse and the arrival of the Cape's first permanent European settlers.

The descendants of those settlers visit the Cape annually to visit their ancestors' gravesites, which date back almost 200 years, presenting a challenge for Mr. Penders.

"The fences that were put around the cemeteries here were a best guess," he said. "The fences were put up in the '50s and '60s when the cemeteries were 100 years old. Many wood headstones would have rotted. Are these fences marking the actual boundaries of the cemetery? It's good to know now instead of clearing land later for a development project and finding new graves, which would stop the project."

Mr. Penders plans to partner with students at the University of Central Florida to use ground-penetrating radar to define the boundaries of the gravesites that dot the Cape. Getting these volunteers, he said, isn't easy.

"I go to a lot of conferences and do a lot of networking," he laughed. "I do a lot of begging."

The settlement era lasted until 1946 when a committee formed by DOD officials chose Cape Canaveral for a missile test center. Mr. Penders offered his archaeological services to the 45th SW because he was drawn to the Cape's space program. "I grew up with the Apollo and Mercury programs, so when this job opened up, I knew it would be a win-win," he said.

His arrival at the 45th SW five years ago marked a win, especially for the preservation of the historic space program that drew him there. Mr. Penders is fighting one of the most corrosive salt-laden environments in the country, along with the invasive and perpetually spreading Brazilian pepper tree, to save what remains of the birth of the American space program.

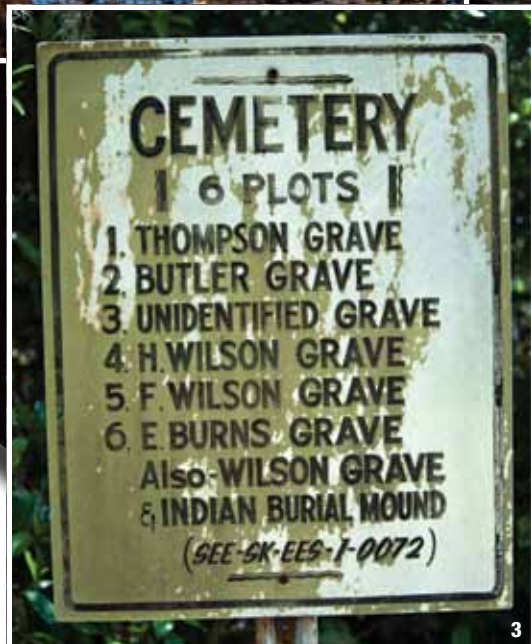
Before Mr. Penders began his program, the metal structures of Launch Complex 14, where John Glenn launched and became the first American to orbit the earth, were crumbling from the salt air. Mr. Penders has had steel supports installed and has ordered corrosion-control measures to preserve what remains.

Brazilian pepper trees were growing like weeds from the cracks in the concrete in LC 18 where space engineers launched Viking, Vanguard, Thor and Scout rockets vital to the development of today's cruise missiles. The building, which had been designed to withstand a nearby rocket explosion, was falling apart. Mr. Penders said it feels like he's fighting an uphill battle when it comes to saving our space history from one of the most destructive plants in the U.S. "They're like a cancer," he said.

He's fighting that cancer one step at a time with technology and a little help from his friends.

Removing the trees, which were brought to the Cape from the Brazilian rain forest and planted as ornamentals, stops much of the degradation," he said. The process requires no special technology: the plants are removed painstakingly, one-at-a-time, by hand.

"The next step is to design stabilization projects for the complexes, or components of the complexes," he said. To help in planning that stabilization, Mr. Penders has



turned to 3-D laser scanning provided by the University of South Florida.

The blockhouses for launch complexes 31 and 32, used to hold equipment and engineers during launches, are the only of their kind in the world. They were built as concrete domes, then surrounded by concrete-filled burlap sacks, giving them their “bee-hive” appearance. The Minuteman I, II and III ICBMs were tested there.

After the vegetation was removed from the seemingly endless crevasses in the structures, a volunteer team from USF traveled to the Cape and used the laser scanner to find underlying damage. The scanner can chart structures to a sub-centimeter level. “They picked up a lot of damage that couldn’t have been seen by the naked eye or through photographs.”

Not all the structures on the Cape, however, can be saved. Mr. Penders is hoping to use the 3-D scanner to record the buildings in a more detailed fashion than photos can provide before the environment consumes them.

“You have to make hard decisions on which buildings you’re going to restore and stabilize.”

LC 14 is one of the complexes designated to be saved. In addition to being the launch pad for America’s first orbital mission, all four Project Mercury manned orbital flights were launched from LC 14. At the close of Mercury in 1963, it was used to launch all of the unmanned Gemini target vehicles, which the astronauts used to practice rendezvous and docking techniques during the Gemini program between 1964 and 1966. It was deactivated in 1967 and abandoned in place in 1973.

“We have the double whammy here [with LC 14],” Mr. Penders said. “Not only is this on the National Register of Historic Places, it’s also a National Historic Landmark. That means this site is one of the most important historic sites to our nation.”

Complex 14 is part of Cape Canaveral’s national historic district. The district also includes complexes 5 and 6, used during the Redstone, Mercury and Jupiter missions;

Complex 19, used for the Titan, Titan II and Gemini programs; Complex 26, Launch site of Explorer 1, the first successful U.S. satellite; and Complex 34, the site of the Apollo 1 fire that killed all three of its crew members: Virgil “Gus” Grissom, Edward White and Roger Chaffee.

Though not in the historic district, the Cape’s Hangar C is also on Mr. Pender’s and the National Historic Preservation’s list to maintain and restore. Hangar C was the first permanent structure on the Cape and held Dr. Wernher von Braun’s office. Dr. von Braun was a German-born rocket scientist and is considered by many to be the father of the American space program.

Mr. Penders said he’s exploring methods to reveal schematics Dr. von Braun reportedly scribbled on his office walls, which are now hidden by glued-on wall covering.

Whether or not Mr. Penders is able to reveal the covered schematics, he has gone a long way to recover, maintain and reveal America’s rich space history.


“This is the gateway to space,” he said. “This is where it all started.”

1. Thomas Penders searches for artifacts at the Little Midden site at Cape Canaveral Air Station, Fla.

2. Mr. Penders holds the root of a Brazilian pepper tree that was removed during a launch complex restoration. Overgrowth is an issue at the site.

3. Grave sites of Cape Canaveral’s first residents remain on military grounds in cemeteries around base. Mr. Penders is responsible for the upkeep and protection of these areas and historic launch complexes and launch-related buildings.

4. A seahorse-shaped pendant and a limestone arrow sit on top of a piece of stamp-checked pottery at the Little Midden site.



Genghis Webb, 2,
survived the battle
of his life after being
diagnosed with tyro-
sinemia, a potentially
fatal liver disease that
can lead to cirrhosis
and cancer of the
liver.

Baby GENGHIS THE CONQUEROR WINS THE BATTLE OF HIS LIFE

STORY AND PHOTOS BY STAFF SGT. MARESHAH HAYNES

At 18 months, most toddlers are just beginning to explore the world for themselves. They start to show hints of their personalities, throw temper tantrums, begin potty training, want to be independent and recognize themselves in the mirror.

Like the average toddler, Genghis Webb did all of those things. His parents assumed he was an average toddler until they took him to the doctor for his 18-month appointment. At that check up, however, Lt. Col. (Dr.) James VanDecar from the 1st Special Operations Medical Operations Squadron, Hurlburt Field, Fla., said Genghis was only in the 30th percentile for height and weight for his age group. With healthy, average-sized parents, this was an indicator that something was wrong.

Potty training and temper tantrums became the least of the Webbs' worries.

Genghis was referred to a gastrointestinal specialist at a civilian hospital in Pensacola, Fla., more than an hour from his family home in Fort Walton Beach. The doctors there narrowed the problem down to being in his liver, but couldn't pinpoint the problem. That's when the Webb family traveled more

than 1,000 miles to New Haven, Conn., to see a hematologist at the Yale-New Haven Medical Center there.

The Webb family spent a week in New Haven, while little Genghis underwent tests. Three days after they returned home to Florida, they got a call saying Genghis had cirrhosis of the liver and would need a transplant right away.

"That threw me for a loop because as far as I knew, that was a drinking man's disease, and I'm pretty sure he's not an alcoholic," said Senior Airman Mario Webb, Genghis' father.

Genghis was diagnosed with tyrosinemia, a genetic liver disease that could cause cancer and even death if left untreated.

"I should have known something before it got this bad," said Airman Webb. "He went through this spell for two or three days where he would go to daycare and sleep almost all day and then come home and sleep a lot also. He had gotten to a point where he wouldn't eat meat, and one of the effects of tyrosinemia is it turns the proteins we get from meat toxic and makes him feel bad. I just think I should have put two and two together and maybe they could've found it earlier."

The tyrosinemia had caused the cirrhosis and the development of cancerous cells in Genghis' liver.

"By the time we saw Genghis, his blood test marker that looks at whether a patient has liver cancer or not, was sky high, so we knew that Genghis had already developed cancer," said Dr. Sukru Emre, the chief of the transplantation and immunology section at Yale University School of Medicine's Department of Surgery, and the surgeon who performed the surgery. "[Tyrosinemia] is a very serious disease. Mostly we see this in small kids, newborns and maybe just after age five. Usually they either undergo a transplant or they expire. It's very serious."

"As much as you're worried, as much as you're thinking, 'he's sick,' there wasn't any time to sit there and cry about it," said Julie Webb, Genghis' mother. "It was just do this, do that. It was every single day for that entire week, he's getting his blood drawn, he's got an MRI, and you feel horrible, but it's for him to get better."

Genghis was added to the national donor list to receive a liver, but with thousands of patients already on the list it could have taken years for his name to come up. With their sick baby boy's life on the line, the Webbs leaped into action.



Senior Airman
Mario Webb and son, Genghis, play a game of "monster chase" in the backyard of the Ronald McDonald House in New Haven, Conn. The Webb family stayed at the house following the transplant surgery. During the surgery, Genghis received 25 percent of Airman Webb's liver.

Julie and Genghis
Webb blow bubbles in the backyard of the Ronald McDonald House in New Haven.

Airman Webb was tested to see if he qualified to be a living donor. The test results came back confirming he was a match for Genghis.

Airman and Mrs. Webb tried to explain to Genghis what was about to happen.

"I actually went online and found a kids' cartoon with the organs in it," Mrs. Webb said. "I tried to explain to him, 'This is your liver and Dr. Emre has to take it out and Daddy's liver will go into you.' He would listen, but the biggest thing he knows is 'operation.'"

"The night before the operation I stayed with him and I talked to him a little bit and he listened," Airman Webb said. "I know he didn't understand everything I was saying but he knew, 'Man, something is going on right now.'"

Three days later father and son lay in separate operating rooms, prepped for the surgery that would save Genghis. Nearly 25 percent of the left lobe of Airman Webb's liver

was implanted into Genghis.

"They opened me up first to make sure [my liver] looked good and they're able to do what they needed to do because there are certain things they can't see on an ultrasound," Airman Webb said.

**THE NIGHT BEFORE
THE OPERATION I STAYED
WITH HIM AND I TALKED
TO HIM A LITTLE BIT
AND HE LISTENED**

— Julie Webb

"Then they opened up Genghis and took his liver out and [implanted part of] my liver into him."

Mrs. Webb waited nervously at the hospital, while her son and husband were on the operating table.

"Letting them go one at a time was hard," Mrs. Webb said.

The six-hour transplant operation was successful and both Webbs were on the road to recovery. The Webb family, including baby sister Zyla and big brother Ki-el, moved

into the Ronald McDonald House in New Haven while Genghis and Airman Webb recovered. Three months after the surgery, a subsequent procedure was required to repair one of Genghis' bile ducts. Nearly three months later, doctors

finally released him to go home.

Airman and Mrs. Webb's mothers came to help the couple after the surgeries. Julie would have to care for Genghis and Airman Webb while they recovered, in addition

to caring for the couple's six month old, Zyla, who was still breastfeeding at the time.

"With both of them in the hospital, that was hard, because they were on two different floors," she said. "I would wait until Genghis fell asleep and then go take care of Mario. Then when he fell asleep, I'd go back. So I would run two floors then back to the Ronald McDonald House to try to breastfeed. But it was good as long as they were progressing."

After surgery, Genghis was prescribed eight medications, one of which he will have to take for the rest of his life.

"I think Genghis was putting on a little bit," Airman Webb chuckled while talking about his recovery. "For more than a week, he wouldn't get out of the bed unless his mom was carrying him. My oldest son was able to come down one weekend and as soon as Genghis saw him, he's out [of the bed], grabs his hand, walks him to the playroom and starts playing.

"Now it's like he hasn't had an operation," Airman Webb said. "I've seen him fall down, I've seen him bump where his incision is and it doesn't stop him."

The family has returned home to Fort Walton Beach and the Webbs say they have seen a difference in Genghis now that he has a healthy liver.

"He's doing more stuff on his own now," Airman Webb said. "He's a lot more independent now."

The Webbs see the silver lining in what could have been a dismal situation. "This is a blessing in the sense that once I get back up and working, it'll probably be a long time before we can all spend this much time around each other," Airman Webb said. "I didn't see Genghis' [first steps] because I was in Iraq. But Zyla, she's walking now



Nearly three months after the liver transplant surgery, Airman and Genghis Webb compare scars. Airman Webb donated 25 percent of his liver to Genghis, who had been diagnosed with a potentially fatal liver disease.

and I get to see that. I'm beginning to see her personality and all those things, so I'm really lucky in the sense that I'm able to be here and we're spending 24 hours a day together. I wouldn't trade the time we're spending together now for anything."

Because of the support of the Air Force and Airman Webb's unit, the 23rd Special Tactics Squadron at Hurlburt Field, the Webb family was able to get the treatment they needed for their son.

"I seriously doubt that I would

have gotten the support from a civilian job that I've gotten from the military," Airman Webb said. "I have a friend who had to go through an operation and he had to go back to work much sooner than he should have, or else they were going to let him go. And his deductible and co-pays are way higher than mine. Some of [Genghis'] medications are upwards of \$800 and my co-pay is a fraction, a small fraction, of that, Airman Webb said. "Thank God I stayed in is how I sum that up." 🕊



The Webb family appreciated the opportunity they had to spend time together while Airman Webb and Genghis recuperated. "I wouldn't trade the time we're spending together now for anything," Airman Webb said.



MISSISSIPPI HOMECOMING

VETERANS RETURN HOME FIVE YEARS AFTER KATRINA

STORY BY RANDY ROUGHTON ★ PHOTOS BY TECH. SGT. BENNIE J. DAVIS III



The newly renovated Armed Forces Retirement Home in Gulfport, Miss., replaces the former structure that was built in 1976 and destroyed during Hurricane Katrina in August 1995. The new AFRH facility provides residents with fully-furnished, private, air-conditioned single rooms that are nearly four times larger than the previous accommodations.

More than 400 veterans rode out Hurricane Katrina in the Armed Forces Retirement Home in Gulfport, Miss., in the summer of 2005, but Bill Williams wasn't one of them. The 80-year-old Air Force veteran was on his way to his Texas property after he heard the storm was on a collision course with the Mississippi coast.

Mr. Williams spent about two and a half years in Texas, then left

to join his fellow residents, who had evacuated to the Armed Services Retirement Home in Washington, D.C., after Katrina damaged the Gulfport facility.

When a new, larger and more luxurious Gulfport facility opened five years after the hurricane, he only needed to be told once it was time to come home. The morning the retirement home gate opened for residents to return, Mr. Williams was sitting in his camper, where he'd spent the night, to make sure he was first in line.



U.S. Air Force veteran Bill Williams, picks up his room keys and daily schedule while checking into the newly renovated Armed Forces Retirement Home in Gulfport, Miss. Mr. Williams drove his camper from the Washington D.C. Armed Forces Retirement Home to be first in line to check in to the new facility.

Mr. Williams walks into his new room at the AFRH for the first time. "Unbelievable," he said. Each room contains a kitchenette, individual restroom and a balcony overlooking the Gulf of Mexico.

"I feel like I'm back in my element," Mr. Williams said. "I was born and raised in the South, so that's the most comfortable thing, I think. But I think everybody feels the same way: we're just glad to be home."

The veterans returned to a welcome from cheering crowds, patriotic signs and flag-waving schoolchildren, but one flag seemed especially meaningful to the Katrina survivors on the day they returned. The flag that flew over the retirement home before the hurricane was raised to the top of the flagpole, then lowered to half-staff to honor the residents who died in the years since Katrina.

The \$220 million, 800,000 square-foot rebuilt facility offers 582 rooms,

**I BELIEVE
HAPPINESS
IS A CHOICE,
AND I CHOOSE
TO BE HAPPY
WHEREVER I AM**

— Bill Williams

with individual balcony views of the Mississippi Sound and the Gulf Coast skyline and a covered pedestrian bridge to the beach. The 456 square-foot rooms, equipped with

kitchenettes and showers, are considerably larger than the 90 square-foot rooms in the original facility. The new home is now a city within a city, according to public affairs officer Sheila Abarr.

The hurricane knocked down several buildings at the old facility and destroyed its steel-and-concrete perimeter fence. After the residents were evacuated, resident Henry Pike posted construction photos and updates on a website and on the walls of the retirement home in Washington.

"What we tried to do as an agency was make [the residents] a part of the process, for them to build their home," Ms. Abarr said. "They have been involved, from looking at blueprints to going through mock-ups of their rooms, so they could put a hand at going back into their home. So, not only was it a special homecoming so they could come back to the coast and be close to their families down here, but it's a part of them."

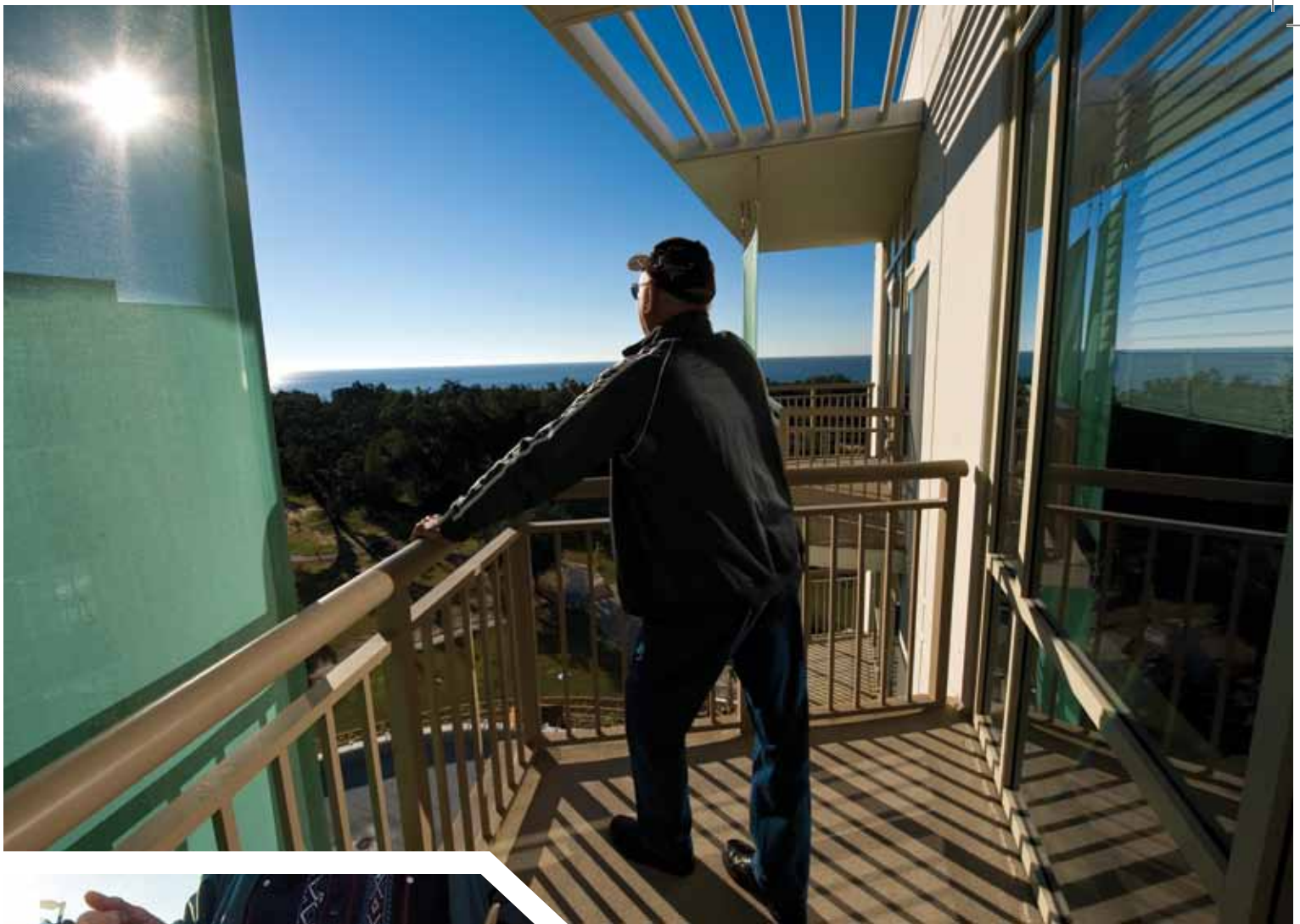
The facility now offers an Olympic-sized swimming pool, hobby shops, barber and beauty shop, bowling center, indoor bocce court, theater, computer room, library and a wellness center that includes basic dental and eye care. The buildings also are elevated 22 feet and designed to withstand a Category 5 hurricane.

"It's like living in a resort," said 20-year Air Force veteran Bill Parker. Mr. Parker was one of the residents who spent the night of the hurricane in the home before he moved into a guesthouse in Gulfport. "It could not be any better. We have a beautiful view of the Gulf Coast and the landscape, and the facility is five times bigger than what we had before the storm."

The homecoming was an emotional one for many in the first wave of returning residents, Ms. Abarr said.

"You can look at pictures, but it's really special to walk in with residents when they walk into their rooms for the first time, and a couple of them had tears in their eyes because they were





home," Ms. Abarr said. "I told them it's a very grateful nation because this was an appropriation. We consider our veterans our heroes, but for them to walk into their rooms for the first time was what was special."

Both Armed Forces Retirement Home facilities are operated exclusively for enlisted and warrant officers from all service branches. Active-duty enlisted members support the facilities through a 25-cents-a-month payroll deduction. When Mr. Williams

enlisted in 1950, the deduction was a dime a month.

As he waited for the Gulfport facility to be rebuilt, Mr. Williams took advantage of his time in Washington by visiting sights like the Smithsonian Institute and Vietnam Wall in the winter and bluegrass festivals during the summer.

"I believe happiness is a choice, and I choose to be happy wherever I am," he said as an active-duty Airman helped him carry his carvings

from deer antlers, golf balls and wood to his new room. "I chose to be happy, to get out and see the town. I feel very privileged to have been able to spend two and a half years in our nation's capital."

But he was clearly happy to be back on the Mississippi Gulf Coast, beginning with being the first through the gate the day the home reopened and getting his first look at the water from the eighth-floor balcony of his new room. He expects to enjoy many sunsets with that view while he works on his next wood-carving creation.

As he took in his first view of the balcony, he recalled a conversation with a fellow resident before they returned home from Washington. Mr. Williams told his friend, Ed Sullivan, over coffee, that they would soon all have an ocean view, and he was told the Gulf wasn't the ocean.

"I said, 'Man, if you're born and raised in West Texas, that's the ocean,'" he said. "I don't care what you call it. Anything bigger than a swimming pool in West Texas is an ocean." 🐦

Mr. Williams, an 80-year-old Air Force veteran, looks out over the Gulf of Mexico from the balcony of his new room.

Mr. Williams shows off one of his carvings made from elk antlers; carving is a hobby he picked up during retirement. Mr. Williams creates carvings from bone, antlers, wood and golf balls. "I look forward to sitting on my new balcony overlooking the ocean and carving; it's peaceful," said Mr. Williams.

STORY BY RANDY ROUGHTON

DESERT STORM 20 YEARS LATER

LESSONS FROM VIETNAM GUIDED COMMANDERS AS THEY PLANNED GULF WAR STRATEGY

courtesy photo



Then-Lt. Gen. Charles A. Horner, U.S. Central Air Force commanding general, presents Air Vice Marshal Talib Bin Miran Bin Zamam Al-Raeesi with a pistol in recognition of his performance during Operation Desert Storm.

Two decades ago, the United States fought a new kind of war, but commanders used lessons from an old one as inspiration. Mistakes from the Vietnam War guided commanders as they planned Operation Desert Storm, which began in January 1991.

Unlike several competing command authorities as there were in Vietnam, Army Gen. H. Norman Schwarzkopf, commander-in-chief of U.S. forces during Desert Storm, assigned air operations to one commander. As the joint force air component commander, retired Gen. Charles A. Horner was the architect of the air campaign that launched the Persian Gulf War.

Gen. Charles A. Horner (Ret.)

visits the Air Force Armament Museum at Eglin Air Force Base, Fla., August 9, 2010. The guided bombs behind him were instrumental in the air war of Operations Desert Storm and Desert Shield. General Horner retired in 1994 as the North American Aerospace Defense Command and U.S. Space Command commander-in-chief and Air Force Space Command commander at Peterson Air Force Base, Colo. He commanded U.S. and allied air operations for Operations Desert Shield and Desert Storm in Saudi Arabia from August 1990 until April 1991.

photo by Lance Cheung



"If you aren't part of the air campaign under Horner, you don't fly," General Schwarzkopf said to one of his commanders, according to the Gulf War Airpower Survey.

"I think the lessons that really came out in Desert Storm were the ones we'd been honing and altering in operations from the previous wars," said General Horner, who is now retired. "In World War I, World War II, Korea and Vietnam, we did things wrong that we learned from, so in Desert Storm, we did a lot of things right.

"We learned bitter, bitter lessons in Vietnam that really paid off in Desert Storm. Our shared experiences in Vietnam [were] one of the reasons Schwarzkopf was so willing to let airpower rule the weight of that war. He wanted to get the job done with the least cost in

human life on both sides."

The U.S. military had 148 battle deaths and 145 non-combat deaths during Desert Storm, according to the 1991 Defense Almanac. Fourteen of 20 Airmen killed during the war were battle-related. The air war was crucial to the ground war that sealed the Iraqi army's fate on Feb. 23 and ended 100 hours later with a ceasefire on Feb. 28. Coalition aircraft flew more than 65,000 sorties and dropped 88,500 bombs. The aerial bombardment "placed Iraq in a position of a tethered goat," General Horner said after the war.

"Our loss rate overall in the Gulf War was lower than normal training," he said. "We lost fewer airplanes in the Gulf War than we would've lost flying that number of [training] sorties. It was amazing. One of the problems we had was we made something very difficult look very easy, so people get misconceptions about what it takes to pull something like that off."

A United Nations-authorized coalition force, led by the United States and United Kingdom, began the first phase of Desert Storm on Jan. 16, 1991, after Iraq failed to meet a UN Security Council's

deadline to leave Kuwait by Jan. 15.

Even though the death toll was comparatively low in Desert Storm, it hit one of the largest Air Force Reserve organizations particularly hard months before hostilities began. On Aug. 28, nine Airmen in the 433rd Military Airlift Wing at Kelly Air Force Base in San Antonio died in a C-5 Galaxy crash at Ramstein Air Base, Germany. Wing members wore black bands over their unit shoulder patches when their 68th Military Airlift Squadron was recalled to active duty the next day.

Long before the Gulf crisis began, the American military trained for an eventual showdown with Iraq, especially after the fall of the Soviet Union. When General Schwarzkopf accepted command of U.S. CENTCOM in November 1989, he told his military leaders since a war with Russia wasn't likely, "we have to find a new enemy or go out of business," General Horner said.

"He said he was concerned about Iraq because they came out of the Iran-Iraq War with a huge military, dead-broke and owing a lot of money," General Horner said. "He told us to think about that. So, I had been thinking about it and in March, I'd gone to brief him about things like using the MM-104 Patriot for ballistic missile defense.

courtesy photo



Then-Lt. Gen. Charles A. Horner, U.S. Central Air Force commanding general, presents Mohammad Al-Nahyan, a United Arab Emirates air force officer, with a pistol in recognition of his performance during Operation Desert Storm.

"I knew if we ever got into a ground war against Iraq, our Army would never know what they'd come up against until they came up against it. So, what I wanted to do was to make sure they'd get all the air support they needed, when they needed it and where they needed it, but they didn't tie down the Air Force in anticipation. Those sorties could be out killing the enemy instead of sitting on the ground waiting on the Army to call. Schwarzkopf bought the idea immediately because he was very intelligent and easy to work with."

When Desert Storm began, General Horner and his staff planned only the first two-and-a-half days of the war. He sent then-Maj. Gen. Buster Glosson, his key air war planner, to each base so he could consider the input of Airmen fighting the war.

"We listened to what the captains and sergeants had to say because they're the ones who have to exercise the war, and they know very well what's going on," General Horner said. "I always reserved the right to override them, but nonetheless I wanted to hear what they had to say."

The air war caught Iraq by surprise, especially Saddam Hussein, who told Dan Rather in a CBS interview days before the war: "The United States depends on the Air Force. The Air Force has never decided a war." Then came the opening night of the war Mr. Hussein had called "the mother of all battles," when Lt. Gen. Larry L. "Puba" Henry launched unmanned target drones on all

Iraqi sand sites in Bazra and Baghdad.

"The next day, they reported shooting down 49 enemy aircraft, and that was exactly the number of target drones we sent up," General Horner said. "I was amazed — either it was blind luck or they were extremely good at collecting data. The same time they were shooting at these target drones, we had these anti-radiation missiles raining down on both Bazra and Baghdad. As a result, they rarely turned on their guidance radars. The reason was they knew if they turned on that guidance radar, they were going to get a missile."

"On the second night, the Iraqi air force was very reluctant to fly, other than trying to escape. So we went after their minds, as well as their physical capabilities, and it really paid off."

The coalition organized for both Desert Shield and Desert Storm gave U.S. military services an opportunity to work closely with forces from other nations, as they would do a decade

later during Operation Enduring Freedom and Operation Iraqi Freedom. General Horner insisted that his 9th Air Force units work closely with Army, Marine Corps and Navy contingents, "who we would actually be going to war with," he said.

In addition to learning from Vietnam battle strategy, General Horner also sought help from the history of the Middle East. He took advantage of learning from history, and it served him well during Desert Storm.

"The thing I used to worry about the most was, what was I not doing that I should be doing?" General Horner said.

"What mistakes am I making that may cost somebody's life? That bedeviled me every minute of every day, so I did a lot of thinking, and I listened to a lot of people. I got some great help from Air Force and aviation historian, Dr. Dick Hallion, and he used to send me boxes of books about wars in the Middle East. I read those books, and believe me, they helped my feeling of the region and my sense of what to do. You never know where you're going to get information that's going to pay off."

"That's why I think every general ought to be a historian."

courtesy photo



Gen. Charles A. Horner (Ret.), former commander of all U.S. and Allied air assets during Operations Desert Shield and Desert Storm, signs a copy of his book after talking with troops at the Susitna Club at Elmendorf Air Force Base, Alaska.



Then-Lt. Gen. Charles A. Horner, U.S. Central Air Force commanding general, receives a plaque from Col. Ahmed Al-Kuwari, Qatari base commander, during his visit to the base in the aftermath of Operation Desert Storm.

courtesy photo



Then-Lt. Gen. Charles A. Horner, U.S. Central Air Force commanding general, greets base commander Brig. Gen. Rashid Mubarek Al-Riamey during a tour of coalition forces after Operation Desert Storm.

STORY BY RANDY ROUGHTON • PHOTO BY LANCE CHEUNG

PLAYFUL TO PROTECTIVE: MILITARY PUPPIES' POTENTIAL

The day in the whelping barn at Lackland Air Force Base, Texas, when we first met the eight puppies featured in Airman's military working dog series, one question became our focus. We wanted to know how these Belgian Malinois pups, then 8 weeks old and as playful as your typical household dog, would develop into the military working dogs that protect our troops and innocent citizens at some of the world's most dangerous and violent places.

The series is designed to follow one of the puppies from birth to the day it becomes a fully-trained military working dog. The day our photojournalist, Tech. Sgt. Bennie Davis, and I were introduced to the puppies about two months after their June 2 birth, they were nipping at our feet, falling over their siblings, with paws landing helter-skelter on our legs. On our next visit about a month later, one of the puppies playfully crawled all over the back of photojournalist Lance Cheung and even tried to use his camera as a toy by dragging it across the floor.

As cute as these puppies were, I found it difficult to imagine the work both trainers and foster parents would face to develop them for the important work they have in their future. But even then, the puppies showed signs of their promise in what trainers call the piranha stage, when they try to latch on with their jaws on anything within striking distance, such as our pants and shoestrings.

We also saw some of the natural attributes of the breed when the breeding program's puppy development specialists gave the litter the puppy aptitude test at the 8-week point. This test evaluates the puppies for social attraction; social and elevation dominance; retrieval; and sight, sound and touch sensitivity. But the three main things the specialists want to see in the dogs are prey and hunt drive and social attraction to a handler. All three attributes will be crucial to their future as military working dogs.

But we saw even more signs

of promise the next time we saw the puppies, after they were placed in their foster homes at 12 weeks. Foster parents aren't expected to teach obedience, as they might do with their own pets. Their responsibilities are mainly to make sure the dogs remain healthy and to introduce them to as many experiences as possible while they're in their homes.

The most surprising thing I learned about fostering one of these dogs is that the ones with the most potential are often the most difficult to have in your home. As one foster parent in our story described it, fostering a military working puppy is like having an extremely intelligent child — one who's always exploring, testing and finding trouble. "It's really like having a toddler in your house again," said Bernie Green, a 341st Training Squadron military working dog supervisory training instructor who fostered one of the puppies in the "R" litter. Foster parents endure their dogs' crate and potty training, biting, chewing and digging, as well as the barking and whining. Sarah Dietrich, another foster parent, told us of her work with her third military working puppy, Respect. The puppies also have a much stronger motor than most personal dogs. A walk around the block isn't going to tire out a Belgian Malinois puppy. It will just get them ready for more exercise.

But fosters also get to see their puppies constantly exercising their considerable problem-solving skills. For example, one puppy's favorite hobby is putting her toy in a difficult place,

such as in a hard-to-reach corner or under a bed, just to figure out how to retrieve it again. But all of the drama becomes worthwhile as the foster parents begin to see their dog's future more clearly. The dogs grew quickly, just in about a half-dozen meetings our staff had with them. They are physically beginning to resemble the size they will be as adult working dogs, when they will range from 55 to 75 pounds. But the most important changes will come during training, when they go through what amounts to college for the military working dog. This is when they learn basic obedience and skills like attacking on command and sniffing for specific substances.

Watching the puppies in action so far has given us part of the answer to the question we're seeking. Respect and her siblings already show their problem-solving abilities and natural talents for sniffing and focus on potential prey, which they will all need when they eventually graduate from military working dog training and meet their first handler. I've a feeling we've just begun to answer the question about how this transformation happens. The next part of the answer should come when the puppies return from foster care to Lackland for puppy training sometime this month.

Randy Roughton



(From left) Lynette Butler, David Concepcion-Garcia, Randy Roughton and James Dalton observe Respect during her 16-week evaluation. Respect is walking on a textured surface to obtain bits of food, demonstrating a strong food drive and an ability to follow scent. When they were present during testing, Mr. Roughton and Mr. Cheung maintained prescribed positions and limited their movements to ensure a consistent test environment for the dogs.



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FEATHERED FLYBY | photo by LANCE CHEUNG

Cadet 3rd Class Danielle Cortez and Buzz, a kestrel falcon named after “Toy Story” character Buzz Lightyear, visited students and faculty at Lyndon B. Johnson Middle School in Melbourne, Fla. Cadet Cortez and Buzz, from the U.S. Air Force Academy, Colo., and personnel from Patrick Air Force Base, Fla., told the audience about the art and history of falconry and informed them about the educational and career opportunities at the U.S. Air Force Academy and in the Air Force.